

harmony celebrate age

The magazine for silver citizens

JANUARY 2013 ₹ 30

ENCOUNTER

Former England captain **Ted Dexter** plays it straight

AT LARGE

Srikumar Sen rides the punches of life to turn author at 81

NEWS, &
VIEWS
FRANKSPEAK

TAVLEEN SINGH

Subscriber Copy Not For Resale



A GLIMPSE INTO INDIA'S ROYAL KITCHENS • DRIVE THROUGH HISTORY ON GT ROAD



Shri Akhilesh Yadav
Hon'ble Chief Minister, Uttar Pradesh



LARGEST SPIRITUAL CONGREGATION **KUMBH - 2013** (14 January - 10 March)



WELCOMING DEVOTEES IN PRAYAG, ALLAHABAD

SIGNIFICANT BATHING DATES

Makar Sankranti – January 14, 2013

Mauni Amavasya – February 10, 2013

Maghi Poornima – February 25, 2013

Paush Poornima – January 27, 2013

Vasant Panchami – February 15, 2013

Maha Shivratri – March 10, 2013

- 1) In the mela, use of polythene is prohibited. Please don't use polythene.
- 2) Help us keep the surroundings clean. Do not litter.
- 3) Don't touch unclaimed/undisputed objects. Inform the mela administration about them.
- 4) It'll be convenient to bathe at the ghat nearest to the place of your stay.
- 5) Help us make the Kumbh a successful and safe event.

For details log on to: www.kumbhmelaallahabad.gov.in

Information & Public Relations Department, U.P.

<http://upgov.nic.in>



**KUMBH
MELA 2013**
PRAYAG, ALLAHABAD

SPARE A CARE

The world survived the Mayan prediction of an apocalypse on 21 December 2012—but only just. We may have made it to another New Year, but we have some serious questions to ask ourselves about the world we are bequeathing to our children.

What kind of world is it when these very children are mowed down with an assault weapon by a crazed gunman—himself little more than a child—in a sleepy town in a country that prides itself on its levels of development? Or when a woman is gang-raped in a bus in our nation's capital; and the authorities seem determined to quell the natural public outrage at all costs? Or even when crime and abuse targeted at silvers, emotional, financial, physical, continue untrammelled in our cities (*see 'Orbit'*), turning to dust traditional notions of reverence for our elders that characterised our great civilisation.

Let's face it, across the country, and even the world, despite the pace of financial, industrial and technological change, the vulnerable remain vulnerable, from Generation A to Generation X. The very indices of development that policymakers and number-crunchers pride themselves on seem irrelevant in the face of this vulnerability. All the money, material goods and mesmerising gadgets

in the world cannot buy us back our collective soul as a people.

Most of us begin each New Year with a resolution. These 'must-do' promises are generally personal in nature; shedding bad habits perhaps, or excess baggage from our lives. This year, let's spare a care for the world instead. I'm talking about a resolution that embraces us all, from the centre to the fringes; from the empowered to the vulnerable. Each of us have a role to play— if there is an argument, share your opinion; if there's a choice to be made, don't sit on the fence; if you see injustice, express your outrage; if there's a battle to be fought, don't shy away.

This is one world, our world. There is no quick fix to its problems. But we can go far if we work together to be part of the solution.

Pina Ambani

A Harmony for Silvers Foundation Initiative

Harmony Celebrate Age—January 2013 Volume 9 Issue 8

Publisher **Dharmendra Bhandari** Editor **Tina Ambani** Deputy Editor **Arati Rajan Menon** Assistant Editor **Srirekha Pillai**
Copy Editor **Sai Prabha Kamath** Correspondent (Mumbai) **Radhika Raje** Consultant Editors **Malvika Singh, Meeta Bhatti** Design Consultant **Jit Ray**
Head - Imaging **Anuradha Joshi** Studio Manager **Haresh Patel** Production Manager **Rohidas Adavkar**

Graphic Designer **Dattaguru Redekar** Website Coordinator **Ajit Nair**

Assistant Vice-President, Business Development **Shrenik Mehta** Assistant Manager, Business Development **Kumar Kislay** Marketing Coordinator **Johnsi Nadar**

Editorial & Marketing Offices: Reliance Centre, 1st floor, 19, Walchand Hirachand Marg, Ballard Estate, Mumbai-400001. Tel: 91-22-30327108 (Editorial), 30327102 (Marketing). Email: contact.mag@harmonyindia.org **Printed and published** by Dharmendra Bhandari on behalf of the owners, Harmony for Silvers Foundation

Printed at Thomson Press India Ltd, 18-35, Milestone, Delhi-Mathura Road, Faridabad-121007 (Haryana). **Published** at Reliance Energy Centre, Santacruz (East), Mumbai 400055. **Disclaimer:** The material provided by *Harmony* is not a substitute for professional opinions. Readers are advised to seek appropriate advice from qualified and licensed professionals in the concerned field. © Harmony for Silvers Foundation. All rights reserved worldwide. Reproduction in any manner is prohibited. *Harmony* does not take responsibility for returning unsolicited publication material. www.harmonyindia.org

index

features

38 . Proactive: Former pharmaceutical employee Devidas Vaidya sows the seeds of organic farming in Karnataka

42 . Encounter:
Up, close and personal with former England captain Ted Dexter

50 . Destination:
A drive along the historic stretch of GT Road near Kolkata



62 . Bookshelf: Debutante author Yasmin Khalid Rafi brings Mohammed Rafi, the man, alive in her memoir

columns

28 . NUTRITION: Anjali Mukerjee doles out tips to put shine back into your hair

30 . SILVER LINING: Padmashri V S Natarajan recommends immunisation shots in later years

32 . YOGA RX: In a new series on yoga and aesthetics, Shameem Akthar shows ways to tone stubborn arms



WEB EXCLUSIVE www.harmonyindia.org



RECIPE FOR SUCCESS

Food columnist and cookbook author Sabita Radhakrishna reveals her other interests

Frankspeak with Tavleen Singh, newsmaker and news breaker

Cover photograph by Vilas Kalgutker

every issue

7 . ORBIT: News, views, people, research, trends and tips from around the world

24 . YOUR SPACE: Reach out to fellow silvers with your inspiring stories

57 . ETCETERA: Culture, leisure, lifestyle, books, buzz and miscellany

80 . SPEAK: Dr Uday Modi on providing free tiffin services daily to abandoned silvers

FOR SUBSCRIPTION ASSISTANCE CONTACT: HarmonyCare, Living Media India Ltd, A-61, Sector 57, Noida (Uttar Pradesh) - 201301.

Toll-free: 1800 1800 100 **Phones:** New Delhi: (0120) 2479900 from Delhi and Faridabad; (0120) 2479900 from Rest of India

Fax: (0120) 4078080; **Kolkata:** 033-22827695 **Fax:** 22828949; **Bengaluru:** 080-2212448, 22213037, **Fax:** 2218335; **Mumbai:** 022-66063355

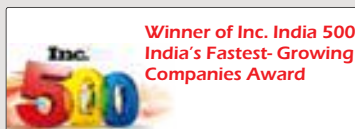
Fax: 24444358; **Chennai:** 044-28478525 **Fax:** 24361942; **Email:** harmony@intoday.com

HEAR MORE WITH CLARITY AND COMFORT



INTRODUCING WIDEX SUPER - THE POWER TO HEAR CLEARLY

Want to hear more, but in comfort? Then the new WIDEX SUPER™ power hearing aid is the ideal choice for people with **severe to profound hearing loss**. It is not only powerful but also comfortable. And more importantly, it gives you more audibility – so you can hear sounds and speech clearly, naturally and without distortion. Come explore a new power.



Widex recommends use of Widex Batteries for better performance and longer life*

*Conditions apply.


WIDEX SUPER™
THE POWER TO HEAR

WIDEX INDIA PVT LTD.

CHANDIGARH : DLF Infocity, Tower 'D', 2nd Floor, Rajiv Gandhi Chandigarh Technology Park, Ph : 0172-5000201, Telefax: 0172-5042075
DELHI : ICS House, C-19, Ground Floor, Safdarjung Development Area Market, Opp. I.I.T. Main Gate, Ph: 011-26514672, 26514673
BENGALURU : 406, 4th Floor, Prestige Centre Point, Cunningham Road, Ph.: 080-41635048, 22879500
MUMBAI : 110 & 111, Midas Building, Sahar Plaza, J.B. Nagar, Andheri (East), Ph.: 022-61278333, 28388447
KOLKATA : 2nd Floor, 87, Chowringhee Road, Ph.: 033-40085033

Also available at all leading Dispensers in India, Nepal & Bangladesh

For Products and Prices log on to www.widexindia.com Toll Free No. 1800 420 94339

Follow us on 

column one

She's bold and beautiful—and she says it like it is. Tavleen Singh, on our cover this month ("Writefully, Yours"), speaks with candour on everything from politics, frontline reporting and media ethics to her exercise regimen and personal life. Currently promoting her latest book *Durbar*, the 62 year-old says emphatically, "I certainly don't feel very old."

We hear her! Another straight talker who graces our pages is former English cricket captain Ted Dexter. Suave and charismatic, the 77 year-old tells us how the game he loves—and his love for it—remains the same.

Now, how about a game-changer? In Karnataka, Devidas Vaidya is talking about a revolution: sustainable rural development through organic farming. The 68 year-old social awakener has a simple message for Indian silvers: adopt a village each. Vaidya is proof we can make things happen if we choose to believe in ourselves. That's the confidence that impelled communication specialist Suresh Gaur to give up his steady banking career to live out his dream in "Real Time" ("Second Careers").

Inspirational reads, all, to jumpstart a New Year. On the lighter side, indulge in a culinary journey through India's royal palaces ("Fit for a King") or ride with us through Serampore and Chandernagore on the historic Grand Trunk Road ("Down Memory Road"). And if fitness is your mantra, check out 'Yoga Rx' as *acharya* Shameem Akthar kicks off a new series on yoga and aesthetics. Whatever your pleasure, *Harmony-Celebrate Age* promises to oblige—that's our resolution this year, every year. On behalf of the entire team, Happy 2013!

—Arati Rajan Menon

In the November 2012 issue, Editor Tina Ambani's 'Connect' ("Harmony's Hero") was very well written. From the very beginning, Amitabh Bachchan has fascinated me. Coming from a totally different background, he made a mark for himself in the field of entertainment through sheer hard work. His long career has witnessed quite a few setbacks, but each time he came out with flying colours. His varied experience makes him the most apt person to write an autobiography, which will be welcomed by all.

Neelakantan
Bengaluru

I read with great interest 'Yogic Moves' by Shameem Akthar in *Harmony-Celebrate Age*. However, in the November 2012 issue, I would like to bring to your attention that while the article suggests placing "your left hand on top of the right", the photograph actually shows the right hand on top of the left. What is the correct posture? Also, at what height should the palms be held—near the chest or belly or to be rested on the lap?

Kishore Joshi
Via email

In the November 2012 issue, Shameem Akthar's 'Yoga Rx' ("Brain balance") is contradictory. It says: "The left brain, which researchers say sees things locally, logically

and sequentially, is also the 'happy' brain, while the right nostril (it should have been brain) is the creative...." In another place, it says, "If you wish to facilitate the logical part of your brain, you need to activate the right brain hemisphere." Actually, this should have been 'the left brain hemisphere'. Also in 'Yogic Moves', the text mentions, "Place your left hand on top of the right, both palms facing up." But the picture shows the right hand on top of the left. Which is correct—the text or the picture?

Kaladhar Mallem
Via email

ERRATA

We thank you for your informed note. We apologise for these technical errors, which are absolutely avoidable.

—Shameem Akthar

We regret the error.

—Editors

In "Transformed by Tai Chi" ('Your Space'), in the December 2012 issue of the magazine, the name of Prafullakumar R Javeri was spelt incorrectly as Prafullakumar R Kaveri. The error is regretted.

—Editors

CONTRIBUTOR



At 81, **Srikumar Sen** has turned author with *The Skinning Tree* (Picador India; ₹ 499; 217 pages). Winner of the Tibor Jones South Asia Prize 2012, this former boxing correspondent with *The Times* in London, writes in 'At Large' about how the idea of the book was born 48 years ago and how deadlines contrived to keep him away from giving the story shape. Now all set to embark on his second novel, Sen talks about riding the punches of life to pull his act together.

My health... ...my responsibility!

Today we are not able to fight with common diseases like cold, fever, headache, mental stress etc. why so? It is due to highly competitive environment, contaminated and junk food and unhealthy lifestyle which increases free radicals (toxic molecules that damage every part of our body) this reduces the immunity of human body. Antioxidants repairs, rejuvenates and revitalizes our body by reducing free radicals caused by modern life style.

ADD
GRECOBE

(Derived from Green Coffee Beans standardized to 50% Chlorogenic Acids)

**An ultimate antioxidant
to your diet !**



Benefits of GRECOBE:

- Preserves natural antioxidants in the body.
- Decreases the production of free radicals.
- Neutralizes Carcinogenic compounds.
- Burns both sugar and fat & slows the release of sugar into blood stream.

For enquiries or order, please contact:
09915002390, 07814122220, 07814422220
Visit : www.fenfuro.com
or email: grecoobe@fenfuro.com



linez.curvez@gmail.com

ATTENTION SENIOR CITIZENS



get a **loan** against your house,
live in it and **get paid every month**

REVERSE MORTGAGE TOLL FREE HELPLINE

1800 100 1111

**CALL
NOW!**

**Mon-Sat
9am to 5pm**

INSIDE

P28: Hair and now
P30: Shot in the arm

NEWS ● VIEWS ● PEOPLE ● RESEARCH ● TRENDS ● TIPS



► ANALYSE THIS

YOUR HEART LAID BARE

Wearing your heart on your sleeve is no longer just an idiom. According to a long-term study by the University of Copenhagen in Denmark, **visible signs of ageing—receding hairline, baldness at the crown, earlobe creases, fatty deposits around the eyelids—could be indicators of heart risk.** An examination of close to 11,000 people over the age of 40 revealed that those who had three of these signs had a 57 per cent increased risk of heart attack and a 39 per cent increased risk of heart disease. “The visible signs of ageing reflect physiologic or biological age, not chronological age,” Anne Tybjaerg-Hansen, senior author of the study, tells news agency AFP. “Individually and combined, these signs predicted heart attack and heart disease independent of traditional risk factors. In fact, fatty deposits around the eye were the strongest individual predictor of both heart attack and heart disease.”

Hareesh Patel



Wake up to **REALITY**

If you believe—like so many others—that ageing is synonymous with insomnia, it may be time to wake up and smell the coffee. New research by the University of Pittsburgh's Sleep and Chronobiology Centre (SCC) and University Centre for Social and Urban Research (UCSUR) asserts that **it's not age but health that determines sleep patterns**. Their study of over 1,000 people over the age of 65 revealed that over 75 per cent sleep more than six hours and forty-five minutes, with more than half actually getting seven-and-a-half hours on average; and that they generally sleep between 11 pm and 7:30 am. Only 25 per cent of seniors surveyed reported sleeping fewer than six hours and forty-five minutes each night. "The stereotype of most seniors going to bed at 8 pm, sleeping very lightly and being unduly sleepy during the day may be quite inaccurate," researcher Timothy H Monk writes in journal *Healthy Aging and Clinical Care in the Elderly*. "A bigger predictor of sleep quality is a person's health, versus a person's age. Daytime sleepiness in the elderly may be more a result of things like side effects of medication, not getting a good night's rest, or having some sort of illness."

Behave your age

IT'S NOT YOUR AGE but how you behave that defines you as 'old'. In particular, **people who still shop for themselves, travel alone to their medical appointments or do their own household chores are less likely to be perceived as old**, according to a study by Michelle Barnhart of Oregon State University. Based on interviews with octogenarians, their family and caregivers, she concludes that when people in their 80s or 90s are aware, active, safe or independent they are treated as younger themselves, allowing them to "age without getting old". The study will be published in the April 2013 issue of the *Journal of Consumer Research*.



GOT MILK? ONCE AGAIN, IT APPEARS GRANNY WAS RIGHT—KIDS WHO DRINK THEIR MILK DO BETTER! ACCORDING TO A BRISTOL UNIVERSITY REPORT PUBLISHED IN AGE AND AGEING, AS LITTLE AS ONE GLASS OF MILK A DAY IN CHILDHOOD IS LINKED TO 5 PER CENT FASTER WALKING TIME AND 25 PER CENT LOWER RISK OF POOR BALANCE IN THE SILVER YEARS.

Blame the BRAIN

Do you get scammed easily? Meet the culprit: your anterior insula. That's the **part of the brain that functions like an alert signal when it encounters a potentially untrustworthy person.** And with age, its ability appears to dim, according to scientists from the University of California – Los Angeles (UCLA). When a group of people ranging from the ages of 23 to 80 were asked to evaluate the trustworthiness of people portrayed in 60 photographs, the anterior insulas of the younger segment of the group (ages 23 to 46) lit up when they labelled a person 'not trustworthy', while there was no similar reaction for the silvers in the group (ages 55 to 80). "This part of the brain activates gut-level feelings that help individuals interpret the reliability of other people and assess potential risks and rewards associated with social interactions,"

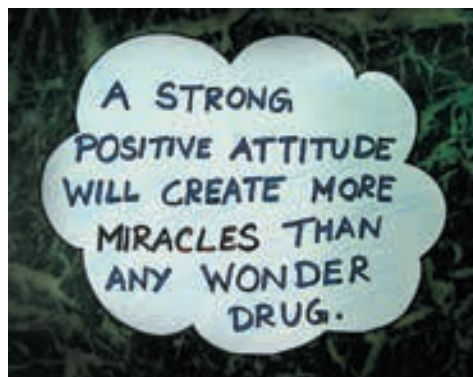


writes lead researcher Shelley Taylor in journal *Proceedings of the National Academy of Sciences*. "Evidently, the warning signals that convey a sense

of potential danger to younger adults just don't seem to be there for older adults, making them a soft target for financial scams and exploitation."

POWER OF POSITIVITY

Attitude is everything. A new study by the Yale School of Public Health in New Haven, Connecticut, says **silvers who think of themselves—and their peers—as healthy are far more likely to bounce back from disability** than those with a negative view. About 700 people over the age of 70 without any disability were selected and their views on ageing examined; over the 11-year period of the study, nearly 600 of them were disabled for at least a month. (Disability was defined as a lack of ability to perform essential activities such as feeding oneself and dressing.) While some silvers didn't survive to see the end of the study, the results reveal that those with positive age stereotypes were 44 per cent more likely to recover completely from a severe dis-



ability, and 23 per cent more likely to progress from a severe disability to a mild disability than those with negative age stereotypes.

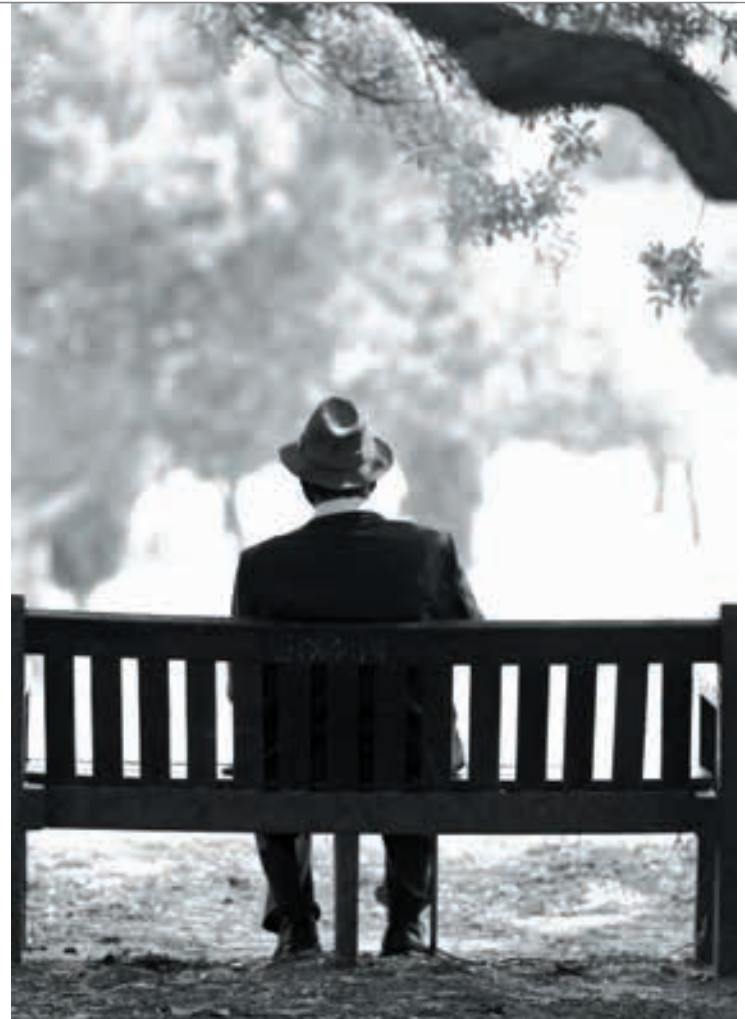
"This research suggests that we might want to think about the role of positive health stereotypes in disability," writes lead author Becca Levy in the *Journal of the American Medical Association*. "It is possible that a positive attitude might help buffer against stress and lessen cardiovascular respons-

es to challenges, which could reduce disability from heart issues. It's also possible that people who believe older folks can still be strong may be more likely to go to rehabilitation and participate in vigorous exercise programmes that may help improve their disability."

CAPITAL PAINS

It's not just the biting winter chill that makes the capital a tough home for silvers. A new survey of over 15,000 silvers by NGO Agewell Foundation claims that over **80 per cent of elders in the Delhi-National Capital Region experience loneliness and isolation.** According to a media release of the foundation, silvers suffer from a sense of marginalisation; have low access to medicines and healthcare; lack work opportunities; experience concerns related to physical and financial security as well as restricted mobility; and undergo psychological problems owing to loneliness. Here are some more troubling numbers:

- 72.1 per cent of silvers suffer age discrimination and 75 per cent complain of lack of respect from society.
- While 11 per cent are deprived of a nutritious diet, 18 per cent lack proper access to healthcare.
- In the region's rural areas, 36 per cent of silvers report both emotional and social isolation; this figure climbs up to 44 per cent for urban areas.
- 43 per cent of silvers across the board claim to be depressed, while 36 per cent believe their emotional state has led their physical health to deteriorate, and 16.2 per cent experience a sense of insecurity because of isolation.
- 32.3 per cent wish for greater love and compassion from their families and society; 27.5 per cent ask for greater ap-



preciation and respect; and 56.4 per cent demand safety and security as well as recourse to legal help.

There are about 1.2 million silvers above the age of 60 in the Delhi-National Capital Region, about 8 per cent of its total population.

A FOR AMERICA: DESPITE WORSENING PHYSICAL HEALTH AND MENTAL ABILITIES, AMERICANS INSIST THEY FEEL BETTER ABOUT HOW THEY'VE AGED AS THEY GET OLDER, ACCORDING TO A NEW STUDY OF OVER 1,000 SILVERS BETWEEN THE AGES OF 50 AND 99. AND WHEN ASKED HOW SUCCESSFULLY THEY HAD AGED ON A SCALE OF 1 TO 10, THE RESPONDENTS POSTED AN AVERAGE RATING OF 8.2, WITH OLDER SILVERS POSTING A HIGHER RATING. THE RESEARCHERS ATTRIBUTE THIS POSITIVE APPROACH TO A SENSE OF FINANCIAL SECURITY, AND BEING PART OF GOOD SOCIAL AND COMMUNITY NETWORKS. THE STUDY WAS PUBLISHED IN THE AMERICAN JOURNAL OF PSYCHIATRY.





BANK ON GRANNY:
GRANDPARENTS IN THE AUSTRALIAN PROVINCE OF NEW SOUTH WALES ARE SAVING THEIR FAMILIES AUS \$ 1.8 MILLION A WEEK IN CHILDCARE. ABOUT 200,000 GRANDPARENTS PROVIDE 12.7 HOURS OF UNPAID, INFORMAL CARE FOR CHILDREN IN THE PROVINCE EACH WEEK.

LONELY IN LONDON:
OVER 700,000 PEOPLE AGED 65 OR OVER IN THE UK SAY THEY ARE ALWAYS OR OFTEN LONELY, ACCORDING TO ADVOCACY GROUP AGE UK, WHILE 3.5 MILLION ARE NOT GETTING ANY HELP, SUPPORT OR COMPANIONSHIP FROM NEIGHBOURS.



Course of action

If gerontology is your calling, it's time to dial in. Pune-based International Longevity Centre-India (ILC-I) has announced a **seven-day training programme on the social and economic issues of ageing in collaboration with the United Nations International Institute on Ageing (UN INIA), Malta, and the Dr D Y Patil Vidyapeeth, Pune.** This in-situ training programme has been established to fulfil training and manpower needs in the fields of geriatrics and gerontology in developing countries. The prestigious United Nations-certified course, which is rooted in the socioeconomic conditions of India, will be held in Pune from 19 to 25 January 2013. The faculty for this full-time course, to be held every day from 9 am to 5 pm, will include two renowned international gerontologists and two acclaimed national gerontologists. The programme will aim to deliver multidisciplinary knowledge on different aspects of

human ageing relevant to the country's specific needs; provide participatory and hands-on learning through lectures, workshops and group activities with international and local trainers; and facilitate the capacity-building of individuals who work or intend to work in the fields of geriatrics and/or gerontology.

The cost: ₹ 3,000 for the course, inclusive of training materials, tuition fees, refreshments and lunch. Participants from outstation need to make their own arrangements for accommodation.



If interested, act now—there are only 35 seats available and registrations are accepted on a first-come, first served basis. Contact: The Executive Director, International Longevity Centre-India (ILC-I) at CASP Bhavan, Pashan-Baner Link Road, Pashan, Pune-411021, Maharashtra. Call 020-65002595 or email longevetic@gmail.com or visit the website: www.ilcindia.org



On 22 December 2012, The Rotary Club of Mumbai, Nariman Point, and Rotaract Club of Rizvi Law College, in association with Silver Innings Foundation, organised Umang Talent Show 2012 at Damodar Hall, Parel. The intent was not to organise a competition but provide a platform for silvers to showcase their talents.

And so they did! A total of 56 participants took part in 25 riveting performances; of this, 13 participants belonged to the Harmony Interactive Centre. While 69 year-old Rajnikant Karia did the *dandiya raas* and 66 year-old Umesh Murudkar played the tabla, Shveta Devrukhkar (63) and Haresh Thakkar (66) performed solo songs. "I have been playing *dandiya* since my childhood days," says Karia. "Taking part in Umang through the Harmony Centre was a wonderful experience as I was acknowledged for my talent in front of a vast audience." A self-trained tabla player, Murudkar too cherishes his time on stage. "At Harmony Centre, I provide accompaniment during the music classes," he says. "Now, I have the confidence to get on stage."

Other singers from the Centre included Shanta Gangakhedkar (69), Mangala Pathak (73), Usha Nandnikar (75), Rohini Damani (64), Pratibha Badle (66) and Meena Soni (62).

"I always liked singing and had a good voice but was never allowed to learn music," shares Soni. "With age and a music-loving spouse, I found my lost passion once again! I joined music class at the Harmony Centre and embarked upon my journey of learning. The group performance at Umang was my first-ever stage performance but I sang with confidence. The support by the audience was amazing and the volunteers at the programme were very helpful. I look forward to more performances now."

Each enthusiastic participant received a certificate and the organisation was honoured with a trophy for maximum number of entries in the show. Other partners of the event included PFESCOM, Mumbai, HelpAge India, iVolunteers; '1298' Senior Citizens' Helpline and UMED Jesthanchi.



12 harmony celebrate age january 2013

A Convenient Pension Card for your Golden Years!!



BOI Pension Aadhaar Card

Bank of India brings you pension aadhaar card. A debit card tailor made for Senior Citizens.

It comes preloaded with hassle free transaction and superior overdraft facility.

Moreover, it can be used as an identity card to secure your life and for your convenience in the golden years of retirement.

Special Features

- The ATM cum Debit Card can be issued to all pensioners under different categories, i.e. Central, Civil, Defence, Railways, various State Government and PSU pensioners.
- Global ATM cum Debit Card affiliated to VISA.
- Free issuance and No Renewal Charges.
- No Charges for using the Card at other Bank's ATMs.
- Personal Accidental Death Insurance Cover of ₹ 1 lac for pensioners with maximum age of 70 years.
- The Card holders may be provided overdraft facility for maximum amount equal to 1 month of the pension amount.
- The card can be used as an ID Card.


Bank of India

Relationship beyond banking

www.bankofindia.co.in

Toll Free No.: 1800 220 229

*Conditions apply



Lulu



Nigella Lawson



Twiggy



Joanna Lumley



Helen Mirren



Lorraine Kelly



The Duchess of Cornwall



Honour Blackman



Fern Britton



Judi Dench

Red light

We'd be the first to argue that age shouldn't be a barrier to, well, anything. So should we—or anyone—draw the line at red lipstick? UK cosmetic company Nuture Replenish Skincare says so; and it has a number for you: **59.**

That's when silver women should junk the tight clothes, false nails and mega high heels along with the scarlet lipstick and age gracefully,

according to its survey of 2,000 British women over the age of 45. If you think that sounds a tad harsh, get this: no baseball caps or fake tans after 40; no miniskirts and leather pants after 41; no knee-high boots and tight tops by 45; and tattoos covered up by the mid-50s. "The results of our studies are often quite surprising," acknowledges a spokeswoman from Nuture Replenish Skincare in London newspaper *Daily Mail*. "We know middle aged is supposed to be later, but women are saying that in the early 40s a lot of things need to be toned down."

There's enough cause for cheer here, though: 74 per cent of the women surveyed say they are happy to let nature take its course without resorting to extreme anti-ageing measures; 59 per cent say they looked younger than they actually are; and only 25 per cent would consider cosmetic surgery. The respondents also weighed in on the women they believed were ageing most gracefully. Here's the awesome Top 10:

- Actor Helen Mirren
- Actor Judi Dench
- Actor-author-activist Joanna Lumley
- Model-singer-actor Twiggy
- Food writer and broadcaster Nigella Lawson
- TV presenter-journalist-actor Lorraine Kelly
- Actor Honour Blackman
- Singer-actor Lulu
- TV presenter Fern Britton
- Camilla, The Duchess of Cornwall

CHEESE PLEASE

YOUR PALATE MAY REBEL, your nose may revolt and your wallet may shut down but **fermented French cheese—in its pungent, intense glory—may be the best anti-ageing secret** yet. Researchers at biomedical firm Lycotec are convinced that along with red wine, consumption of cheeses like Roquefort and Bleu d'Auvergne is one of the keys to the French paradox; the fact that the country has low rates of cardiovascular disease despite eating foods high in saturated fats. The fermentation process is believed to form peptides that inhibit enzymes controlling blood pressure and reduce inflammatory markers such as C-reactive protein. "Apart from the



benefits to the heart, the most notable two environments affected by these cheeses include the stomach lining and skin surface," they write in jour-

nal *Medical Hypotheses*. "This paves the way for the development of a new generation of pharmaceuticals and cosmetic products."

Good night Sweet dreams

Friends Adult Diapers are ideal for people with limited bladder control or battling an illness. Made in India with best-in-class Italian manufacturing technology, they're soft on skin, and combine lightness with superior absorption by offering a dual core padding in the target zone. What's more, Friends Adult Diapers are designed for Indian body structures, with wider flaps round the abdomen for better grip. Go ahead; help a loved one enjoy the pleasures of nightlong dryness and uninterrupted sleep – night after night.



M ₹ 35/- only

L ₹ 40/- only

* Price per diaper when you buy pack of 10s & Valid only till 31st December, 2012

Friends
NOBEL HYGIENE
Adult Diapers
Dignity for the aged

022-32427985; SMS: NOBEL (space) YOUR MESSAGE to 58888. E-mail: sales@nobelhygiene.com
Available in packs of 2's, 5's & 10's in 3 Waist Sizes M, L, XL; from 26" to 65"

MCCANN HUMANIC/NR/2012/001

APP alert

Only a fellow silver can tell you exactly how age-friendly a place is. Recognising that fact, scientists at the Intelligent Assistive Technology and Systems Lab (IATSL) at the University of Toronto in Canada have designed a new app—**Age-CAP (Age-Friendly Communities Assessment App)**—that allows silvers to rate the accessibility quotient of restaurants, libraries, crosswalks, shopping centres and public transit systems of towns and cities across the world and share their ratings as well as swap information on discounts and special services. Using GPS to pinpoint the user's location, it also produces an overall rating of the place based on the World Health Organisation's age-friendly cities guidelines (www.who.int/ageing/age_friendly_cities_guide/en/index.html).



The best part: the app is available for free download for iPhone, iPad and Android devices. "It empowers older adults to evaluate what's senior-friendly and what's not," says Alex Mihailidis, one of the creators of the app, in a media release. "This is a new way for seniors to create a crowd-

sourced database of age-friendly locations. We hope the app will promote active ageing and encourage seniors to get out and about in the community while remaining safe." To learn more and download the app on your smartphone, go to www.ot.utoronto.ca/iatsl/projects/age_cap.html

Food facts

Poor food habits among silvers are not just a concern for the developing world. With one in three British silvers who live independently feared to be at risk for malnutrition, scientists have developed the **Novel Assessment of Nutrition and Ageing (NANA) system to measure what older adults are eating at home**. As the BBC reports, the touchscreen-based system, recently unveiled to the British parliament, is the result of a three-year project to develop a simple and user-friendly way to measure diet, cognition, mood, and physical function. Created by a collaborative team of academics from the Universities of Sheffield, St Andrews, Bath and Reading, along with input from 400 British silvers, the system is incredibly simple: just feed in what you have had to eat (snacks and meals) and drink all day online and you will receive a report on your nutritional status. Wait for NANA to come on stream at www.nana.org.uk this year and check it out for yourself.

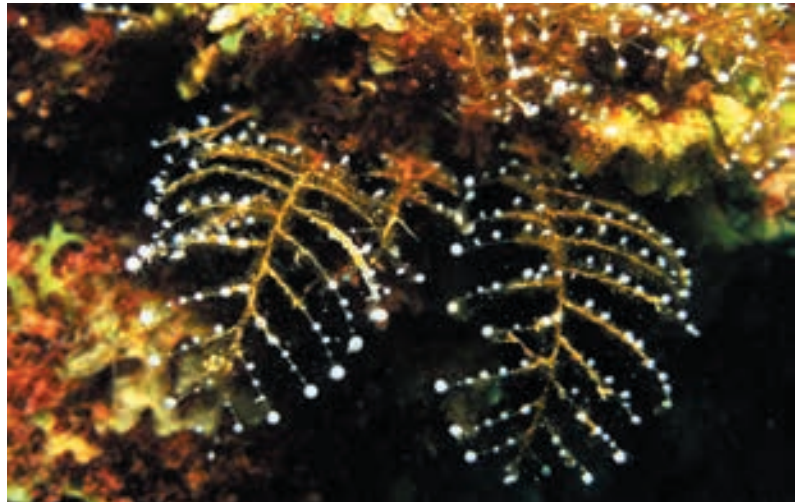


KEY RING

What does a tree have in common with a crustacean? Before you think this is a schoolyard joke, scientists at the University of New Brunswick in Canada have learnt that **you can determine the age of a lobster by counting its growth rings.** Mind you, it's still not established how old lobsters can live to be (some peg it at over a 100 years) but knowing their age is expected to generate a better understanding of the population. Interestingly, lobsters don't lose their reproductive capabilities or organ functions as they get older. "We would earlier have to deduce a lobster's age judging by size



and other variables but it's now known that lobsters and other crustaceans, such as crabs and shrimp, grow one ring per year in hidden-away internal spots," writes study author Raouf Kilada in the *Canadian Journal of Fisheries and Aquatic Sciences*. "These rings, in fact, can be found in the eyestalk, a stalk connected to the body with an eyeball on the end, and the 'gastric mills', parts of the stomach with three teeth-like structures used to grind up food. Having the age information for any commercial species will definitely improve stock assessment and ensure sustainability."



The hydra-human link

This tiny freshwater polyp has a seriously impressive epithet: The Immortal. The Hydra never ages as it reproduces by budding; its stem cells are capable of continuous proliferation. Now, German researchers from Kiel University and University Medical Centre Schleswig-Holstein (UKSH) have discovered **a link between the ageless Hydra and ageing in humans.** "Surprisingly, our search for the gene that causes Hydra to be immortal led us to the so-called FoxO gene," writes primary author Anna-Marei Böhm in the *Proceedings of the National Academy of*

Sciences (PNAS). "The FoxO gene exists in all animals and humans and has been known for years. But when we isolated Hydra's stem cells and screened all of the genes, we realised that there is a direct link between the FoxO gene and ageing. When we inactivated the FoxO gene in the Hydra, we saw drastic changes to the immune system similar to those observed in elderly humans." The next step for the team is to see how environmental factors influence FoxO activity in Hydra and determine if levels of FoxO activity can be naturally stepped up. The target: a new breed of Immortals?

THE ANIMAL PLANET: IF YOU WANT TO KNOW MORE ABOUT ANIMALS AND THEIR LIFESPAN, CHECK OUT ANAGE: THE ANIMAL AGEING AND LONGEVITY DATABASE. IT CONTAINS EXTENSIVE LONGEVITY RECORDS ON JUST ABOUT EVERY SPECIES ON THE PLANET AND IS AN INVALUABLE RESOURCE FOR RESEARCHERS STUDYING COMPARATIVE AGEING AS WELL AS STUDENTS OF ECOLOGY AND CONSERVATION. JUST KEY IN THE NAME OF THE SPECIES/ANIMAL YOU'RE LOOKING FOR, AND THE SITE DOES THE REST. GO TO GENOMICS.SENESCENCE.INFO/SPECIES/

Read and write. Pretty elementary advice to be sure, but the easiest of tasks can keep your mind ticking. A new study by Rush University Medical Centre and Illinois Institute of Technology, Chicago insists that reading and writing can preserve the brains of silvers and insure them against deterioration. “Reading the newspaper, writing letters, visiting a library or attending a play are all simple activities that can contribute to a healthier brain,” team leader Konstantinos Arfanakis announced at the annual meeting of the Radiological Society of North America, held in Chicago in December. Remember that.



Then: Paper Bag Now: Kite

Cut a swath through the winter sky with a splash of colour—join in the kite festival celebrated in January with your own special homemade kite. All you need is an old paper bag or two.

Cut off the holders and seam at the bottom of the bag and lay it out flat in front of you. Cut the biggest square or diamond shape possible to get the accurate shape of the kite and lightly draw diagonal patterns on it joining the opposite corners, thus forming four triangular quadrants.

Gather reeds from a broom and glue them on the lines drawn. Make four pairs of dots facing each other on all the lightly drawn lines, and two in the centre of the kite. Pierce the holes and pass long threads through each pair. Tie the loose ends of the threads to one strong thread or *manja* to the end. Decorate your kite with paint and patterns and watch it soar!



FACTS

- » A plant takes a minimum of 15 to 20 years to grow into a tree, but takes less than 10 minutes to be felled; on an average, one tree can yield about 700 paper grocery bags, which will be consumed in less than an hour by a supermarket!
- » It takes 24 trees to make 1 tonne of newspaper.

MORE RECYCLING IDEAS...

1. CUT THE BOTTOM OF THE BAG AND USE THE PAPER TO COVER AND PRESERVE OLD BOOKS.
2. USE THE PAPER TO WRAP A PRESENT OR GIFT.
3. GET ARTY AND TRY PAPIER-MÂCHÉ.



expert
advanced

Hair colour that won't drip

With Advanced Gel Formula
& Triple Conditioners

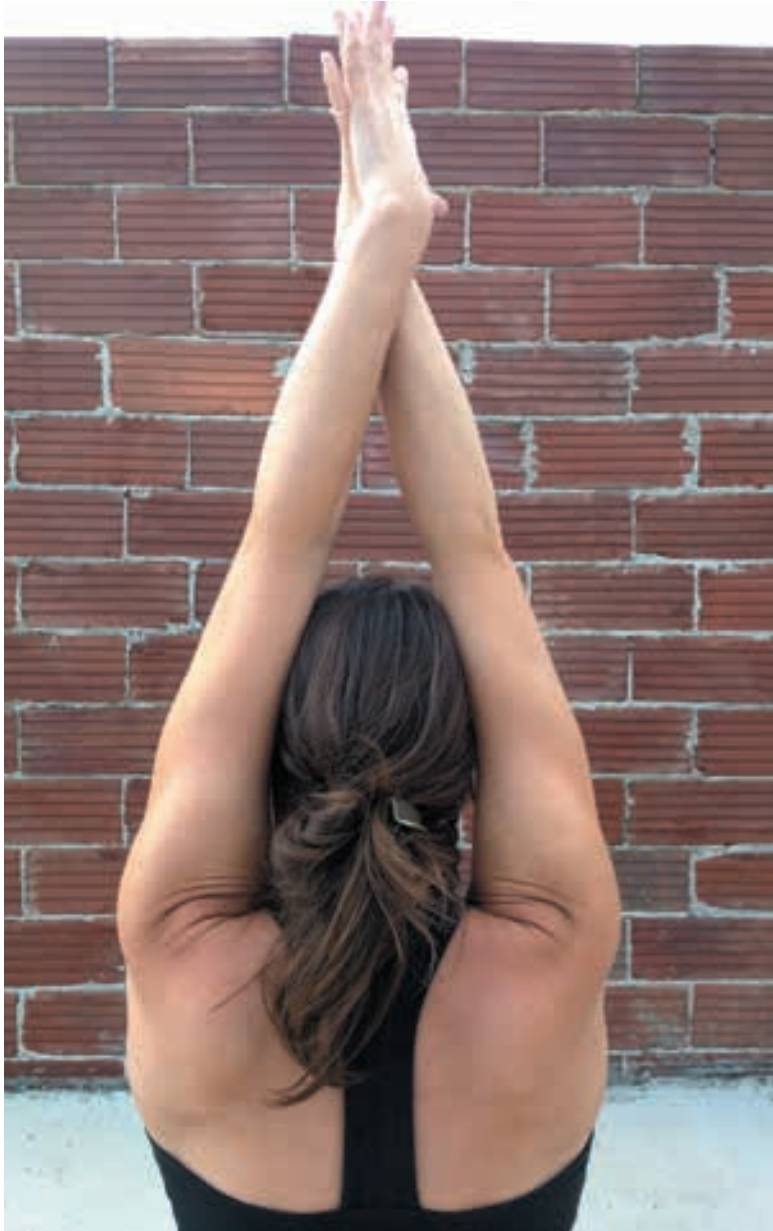


no ammonia
100% grey coverage
silky soft hair

available shades



*5g



The Iyengar effect

In case of pain in the neck, shoulders or lower back, without exception our hand instinctively goes to the affected area to massage and relieve the pain. While exercise has been proven to help in cases of chronic pain, a recent study (probably for the first time) has given equal credit to yoga. Researchers from Germany and Austria conducted a study on volunteer patients suffering from muscle-related chronic pain. They were divided into two groups—one was placed in an Iyengar yoga class, the other in regular exercise. After four weeks, each person was asked to answer a set of questions, which was repeated after 10 weeks. The researchers observed that there was a notable difference in the answers of the two groups—those practising yoga indicated significant reduction in pain. The study concluded that **Iyengar yoga relaxes responses and leads to reduction of stress-related muscle tension; it also modifies neurobiological pain perception.** With the use of props, postures can be modified to suit specific medical ailments. Further, researchers have attributed better psychological well-being and improved quality of life to Iyengar yoga.

JOINT RISK

ACCORDING TO RECENT FINDINGS PUBLISHED IN THE ONLINE EDITION OF *ARTHRITIS & RHEUMATISM*, PEOPLE SUFFERING FROM RHEUMATOID ARTHRITIS HAVE A HIGHER RISK OF DISLOCATING A HIP AFTER HIP REPLACEMENT COMPARED TO THOSE SUFFERING FROM OSTEOARTHRITIS. WHILE RHEUMATOID ARTHRITIS IS CAUSED AFTER THE IMMUNE SYSTEM ATTACKS A PERSON'S WHOLE BODY, OSTEOARTHRITIS IS USUALLY AN ATTACK ONLY ON THE JOINTS. THE STUDY INCLUDED ADULT ARTHRITIC PATIENTS WHO HAD HIP OR KNEE REPLACEMENTS.



VEG ALERT

VEGETARIANS NOW HAVE A REASON TO WORRY. ZINC, A MINERAL MOSTLY FOUND IN SEAFOOD AND MEAT, HAS BEEN PROVEN TO BE ESSENTIAL FOR THE AGEING BODY. A RECENT STUDY CLAIMS THAT DEFICIENCY OF ZINC CAN LEAD TO MULTIPLE DISEASES SUCH AS CANCER, HEART DISEASE, AUTOIMMUNE DISEASE AND DIABETES. AMERICAN SCIENTISTS HAVE PROVED THAT ZINC DEFICIENCY IN LATER YEARS CAN LEAD TO A RECEDING IMMUNE SYSTEM AND MANY RELATED HEALTH PROBLEMS.

KERALA CALLING

The Dementia India Report 2010 has brought forth some shocking facts. **In 2010, there were about 3.7 million Indians suffering from dementia** and the total cost for their care has been pegged at ₹ 147 billion. What's more, the number of patients is expected to double by 2030, with the cost of care shooting up three times. The most shocking statistic has been reported from Kerala—in the state, the number of people suffering may go up from 20,000 to 40,000 by 2026. In the wake of these facts, Alzheimer's Disease International (ADI), an organisation that works for Alzheimer's patients, will undertake a *Dementia Kerala Study* along with the Kerala State Council for Science, Technology and Environment. As dementia care needs more than simple geriatric care, this study will create a model to help organisations handle the unique problem and spread the necessary awareness to ensure prevention and cure.



Marathon MANN

For those of us getting ready to pen down our New Year resolutions, keeping pace with nonagenarian sprinter **Mann Kaur's** happening and healthy life may just be the way to live it up in 2013. At the 4-km Delhi Half Marathon held in September 2012, Kaur's fame preceded her. Delighted by the affection showered on her by participants from across the country, she didn't feel like returning home to Chandigarh. However, she had to ready herself for the Asian Masters Championship in Taiwan, where, in November, she once again aced the 100-m race, taking her total count of gold medals to a formidable nine.

Born in the erstwhile princely state of Patiala on 1 March 1916, Mann Kaur was six months old when her mother died; she was brought up by her paternal grandmother. Despite a lonesome, difficult and sad childhood, she didn't lose her cheerful and warm disposition. Even today, she is happiest when she runs, she admits with a childlike twinkle in her eyes.

However, it has not been long since the real sprint began. The nonagenarian's initiation into athletics happened as late as 2007, when her elder son Gurdev Singh, also an athlete, saw a 90 year-old woman named Olga compete at the World Masters Championships in Canada. This motivated him to convince his mother to take to the sport, as he thought she was still fit to run! "He took me to the University grounds and asked me to run as fast as I could," she recollects fondly. Seeing her impressive performance, Gurdev began training her with a daily run at the park, combined with basic warm-up exercises. For her part, in every race Kaur's focus remains "to hear the *pataka* [gunshot] and simply run, praying, 'Wahe Guru, let me complete the race without a fall'".

The first test came five years ago at the Chandigarh Master Athletic Championship where she won gold. Rewinding the moment, Kaur remembers, "I was overjoyed with the medal and the attention that came with it. For someone who never went to school, it was an incredible moment." Success was revisited at the National Master Athletic

Championship in Chandigarh, where she won two gold medals in the 100-m and 200-m races respectively. The crowning glory, however, was when she created history in 2011 at the World Masters Athletic Championship in Sacramento, where she aced both the 100-m and 200-m races, setting a world record as the first Indian woman athlete to have accomplished such a feat at the age of 95. "They declared me Athlete of the Year 2011," recollects a visibly proud Kaur. This laurel was also special as she could share it with her husband Sardar Ranjeet Singh, who died two years ago at the age of 102.

A flashback into Kaur's life rolls out some interesting facts like her husband's employment as a *lassi-khaana* (kitchen) employee in the royal palace of Maharaja Bhupinder Singh. Kaur herself worked as the queen's assistant on a monthly salary of ₹ 10, which helped her settle her children. Though she never studied in school, she can read and write Gurmukhi. Even today, Mann

Kaur cooks, cleans her home and washes utensils as well as her own clothes—sitting idle is just not for her.

At 96, Mann Kaur charms and disarms the educated and the emancipated urban with her effusive warmth, rustic simplicity and straight talk. Nothing can, however, deter her from her next target: the World Masters Games in August 2013 in Torino, Italy.

—Suparna-Saraswati Puri



Sanjay Kurl

BIRTHDAYS

● Award winning actor and filmmaker **Nana Patekar** (right) turned 61 on 1 January.



● English actor, comedian and screenwriter **Rowan Atkinson**, more famously known as Mr Bean, turned 57 on 6 January.



● Punjab-born cricketer **Kapil Dev** (left) turned 53 on 6 January.

● Novelist and columnist **Shobhaa De** (below) turned 64 on 7 January.



● Poet, lyricist and scriptwriter **Javed Akhtar** turns 67 on 17 January.

● Film playback and trained classical singer **Kavita Krishnamurthy** turns 54 on 25 January.

OVERHEARD



"It is good to be elderly. The *Bible* clearly speaks of longevity as a blessing. Yet today, when many more people enjoy long lives than in the past, society has lost the ability to see old age as a gift. On the contrary, a materialistic culture often looks upon the elderly as unproductive and useless. The quality of a society, of a civilisation, may also be judged by how it treats its elderly and by the place reserved for them in communal life. To give space to the elderly is to give space to life!"

—Pope Benedict XVI, on a visit to a rest home in Rome

IN PASSING

● Kuchipudi dancer and icon **Vedantam Satyanarayana Sarma** (right) died of a prolonged illness on 16 November. He was 77.



● **Ardeshir Cowasjee**, a Parsi newspaper columnist from Pakistan, died of chest illness on 24 November. He was 86.



● Nobel Prize-winning **Dr Joseph Murray**, awarded for his pioneering work in human organ transplants, died of a stroke on 27 November. He was 93.

● The 12th Prime Minister of India **I K Gujral** (left) succumbed to a lung and chest ailment on 30 November. He was 92.

● **Bhauasaheb Babasaheb Nimbalkar**, a renowned Indian cricketer in the 1940s best known for his 443 not out, died on 11 December. He was 92.

● Legendary sitar maestro and composer **Pandit Ravi Shankar** (right) died of respiratory problems on 11 December. He was 92.



MILESTONES

● Writer **Anita Desai**, 75, (right) received the first Times of India Lifetime Achievement Award from the hands of Leila Seth, the first woman chief justice of a state high court, at The Times of India Literary Carnival 2012.



● Theorist, philosopher and professor at Columbia University, USA, **Gayatri Chakravorty Spivak**, 70, (left) received the prestigious Kyoto Prize for her contributions in the field of science, culture and spiritual betterment of mankind.

HAVE SOMETHING TO SAY?

THIS IS THE PLACE TO DO IT. REACH OUT TO FELLOW READERS WITH INTERESTING ANECDOTES, INSPIRING STORIES AND HEARTWARMING MOMENTS FROM YOUR LIFE. WRITE IN WITH FULL CONTACT DETAILS, AND MAKE THIS SPACE YOUR OWN.

YOURS, TRULY

It is hard to fight off the feeling that after retirement, your 'utility' to society is negligible. But the fact is, senior citizens have a wealth of experience and expertise, which, if channelled appropriately, can hugely benefit society. It was this zeal that motivated me after I retired as an advocate and human resources head in a private concern to throw myself into voluntary activities.

I know it sounds like a cliché but it isn't. I am a member of senior citizens' groups that are precious to me and am part of them for the joy they bring me and other people. When I was ready to take the plunge, my relatives told me about the Senior Citizens' Association of Thiruvananthapuram, which I joined in 2005. I was soon given charge of the Personal Relations Committee, Diary and Calendar Printing Committee and organising the Run for Health Campaigns. I went on to become secretary of the group. Our members get together for Onam, Christmas and New Year. We also organise a picnic in July and, through our newsletter, update each other on our activities.

It was only a matter of time before I joined other voluntary organisations, such as the Model School Alumni Senior Citizens' Forum. This group is close to my heart as I am an alumnus of this school and the group's secretary. We organise a family get-together once every three months. We also help the school in simple ways like getting people to donate cupboards, desks, etc. And to encourage the children to sharpen their mother tongue, we instituted a Malayalam elocution competition. I also take pride in piloting the newsletter of the forum.

I am also secretary of my residents' association and I feel a sense of accomplishment when members commend me on my perseverance and hard work. It is an honour to contribute to the betterment of lives. Then, there's the Ananthapuri Senior Fraternity, which was set up this year. And, as you might have guessed already, I am secretary of this new association too! Our regular monthly meetings, inter-



Das: An action-packed life

actions with eminent speakers and entertainment activities keep our retired members active and joyful.

By God's grace, my retired life is peaceful and enriching. Owing to my involvement with senior citizens' associations, I have the opportunity to participate in cultural activities like singing and acting in short plays. I passed on my zest to my wife, who is now associated with several organisations. Apart from contributing to society, my wife and I also make time for ourselves and travel. I especially love visiting hill stations as they are invigorating. They take you away from the nitty-gritty of daily living and give you time to rest, relax and reflect.

—Vittal Das, Thiruvananthapuram

PASSING THE MUSICAL BATON

Music has always found its way to me. Some people have to struggle to acquire the kind of musical knowledge I have gained over the years. But, with me, it's the other way around—music has always struggled to find me.

My father played the harmonium and *tabla*, and insisted that my elder sister also learn to play. She was not interested. I wanted to learn to play these instruments but I had



Haresh Patel

Ghaisas: In tune with the times

no encouragement. I would sit for hours with the harmonium and play random tunes. Slowly I got the hang of it. I also used to sing along randomly. But my passion for singing was nurtured only after I got married and moved to Mumbai from Belgaum. Ten years later, my mother-in-law insisted I train my voice professionally. Thereafter, there was no stopping me.

I applied for a teaching position at Sane Guruji Vidyamandir, Santacruz. The chairperson of the school recognised my talent and passion and immediately offered me the job. I have been teaching at that school since 1978, and enjoyed every moment till I retired in 2002.

I still visit the school and contribute in my own way. The school has been so supportive of me and always encouraged my singing activities and camps. I also worked as an assistant to Kannu Ghosh of Akashwani for seven years. It is a privilege to have assisted a man of his calibre; I acquired every bit of professional knowledge about singing from him. I have attended every camp and event associated with singing that I could and this expanded my musical repertoire, culturally. Today, I am proud to say that I can sing in 14 different languages.

I have also received many awards such as the Shri Sane Guruji Award, Maharashtra Rajya Award and even the Arya Samaj Mahila Mandal Award. But the best award is watching people I have trained perform on stage. I have also conducted singing camps and classes for visually challenged children and I feel deeply happy when they perform on stage with wide smiles on their faces.

It is very important that I pass on the musical knowledge I have in the way it should be. Some music teachers don't understand the importance of the craft. So I decided to give tips to these teachers on how to teach and conducted workshops for them.

Currently, I teach senior citizens who want to learn to sing. We started with Bollywood retro songs but their interest in classical music amazed me. I am a trained classical singer, so you can't blame me for being partial. I was more than happy when they insisted on learning classical songs.

I like to think I have come full circle, from teaching children to senior citizens, while passing on a great legacy that is far greater than even the best voice that renders it.

—Shubhangi Ghaisas, Mumbai

Real time

SURESH GAUR, 56

"I want to serve people who need help in improving communication skills"

I am like water; I take the shape of the vessel—it's crucial to go forward in life. Since I was a teenager, I wanted to act and direct films but it wasn't to be. During my student days, I was very active in theatre but in the quest for a steady job, I left that part of my life behind. I gave bank exams and at the age of 19, became part of the Oriental Bank of Commerce.

I worked there for 32 years, sincerely and happily. But my passion for films and media was not to be suppressed.

During my first posting in Jalandhar, I formed a theatre group called Art Expo. We performed many plays. The most memorable was *Mitro Marjaani* by Krishna Sobti. It is a short novel and when I approached Krishn-

aji, for the play she was surprised that a banker was interested in theatre. I scripted the play, showed it to her and the play was a roaring success. A director is the master of the game and my desire was to be that master.

I was also fortunate to have handled the media during my tenure at the bank. In 1994, the bank went public.



Anshuman Akash Jha

In 1996, the chairman was looking for someone to organise a press conference. Someone in the bank gave my reference and he asked me whether I could do it. Confident, I assured him that 25 editors would attend the conference. I did not know any journalist, but I did not disclose that! So began my stint in public relations. I took voluntary retirement at 52;

I was then chief manager (marketing) of the Delhi region. I was clueless about how I would live my passion full-time. Never one to quit or take a backseat, I felt the time was ripe to live in the moment. I didn't think I could go back to acting, but wanted to direct and regain my communication skills; at the same time, I wanted to do something to serve those people who needed my help.

During the exploratory phase, I went to stay with my daughter in the US. At that time the preparations for the presidential elections were going on. To learn how elections are handled in the US, I joined the Obama group of supporters and accompanied them in door-to-door campaigns. It was an interesting experience. I also enjoyed a stint in a friend's advertising firm and worked with an NGO for a few months. During this phase, I realised that I should stick to my forte—public relations and films.

I opened a firm, P R 4 You. 'How to get this going' was the question. I was interested in politics, so I started helping people in their image-building exercises. While all this was happening, I also started teaching PR in media schools; I am on the faculty at IMSIT, YMCA, S P College of Communication and Management, Bharatiya Vidya Bhavan, Department of Film and Media, and the National Institute of Advertising. On the insistence of my students, I have also written a book titled *Public Relations 4 You*. I am also delighted to head my own film production company, G W Films, in partnership with a friend. We have been making TV serials, documentaries and short films for Doordarshan and the government. At present, a serial titled *Junoon* is being aired on DD Kashmir; another one will soon be aired on DD Urdu. My next plan is to hold two-day PR workshops for business enterprises. I am busy preparing programmes for it and already have a team of experts in place.

—As told to Ambica Gulati

STEPPING STONE

Experts answer your queries and concerns on jobs after retirement



I am 83 years old. After I retired as an engineer, I started teaching in coaching classes and colleges. Owing to my current waning health, I can't travel to far off places and have to avoid public transport. With my profile, is it possible to work from home and have an income?

You have a strong profile to work from home. As you have some teaching experience, you can start tutoring at home. If you are not yet trained in computers, I would suggest taking a short course; several companies advertise for skilled customer e-representatives. This kind of assignment would need you to answer customers' calls and clear their doubts and complaints. It also suits your profile to look for assignments as an academician or study planner. Some elite engineering colleges hire planners to plan semesters for students. With your engineering background and teaching skills, you can apply to colleges as a freelancer. As for the remuneration, every job isn't the same. Select something that makes you feel good and gets in the kind of money you are looking for.

—Clark D'souza is the owner of Career Consultancy Firm, Hyderabad



EATING RIGHT BY ANJALI MUKERJEE

Let it shine: Diet for hair fall, dull skin and constipation

I am a 50 year-old working woman. I started greying at an alarming rate 10 years ago. My other problems include constipation and hair fall. Is there a diet plan that can help both my gut and hair fall? I am a vegetarian and pack a proper lunch for my office that includes four chapatti, a green vegetable, a fruit and buttermilk.

Your diet seems to be very low in protein, which could be a major reason for hair fall. As women reach menopausal age, several changes occur in the body, sometimes leading to hair loss. Normally, a person loses 50-75 strands per day. If you lose more, you need to take care. You need to observe the changes you have made in your diet and lifestyle in the past three months. Are you taking any medication for any health problem you have been diagnosed with? The common causes of hair loss at this age include changes in hormonal levels, low thyroid function and increased stress levels.

Causes

- A protein-deficient diet, which is also low on zinc and iron
- Stress—physical or emotional
- Some drugs for blood pressure, blood thinners or antidepressants
- Hypothyroidism or hyperthyroidism

Remedies

- Maintain a balanced diet; include more proteins, especially soy.
- Include sources of zinc, copper and iron in your diet.
- Massage your scalp with warm oil—olive, *amla* (Indian gooseberry), almond or coconut oil. Warm the oil with some crushed garlic, cool and then massage the scalp with it. It helps nourish hair. Keep on overnight and wash in the morning. Massaging helps improve blood circulation.
- Many shampoos have chemicals in them. So try to use a natural herbal shampoo.
- If you need to dye your hair, use ammonia-free dyes. Also avoid excessive blow drying, ironing and colouring your hair as it is damaging.
- Use natural conditioners like *methi* (fenugreek) powder and *henna* powder for extra nourishment.

You mentioned that your hair has been greying since you were 40. There are many reasons for greying. If not hereditary, it could be ageing. Greying hair is an early sign of ageing owing to inadequate antioxidant intake. Another reason may be a deficient diet, especially low in Vitamin B12. Try taking a tablespoon of black *til* seeds daily; also take 1,000 mg of Vitamin C and a multivitamin pill everyday. Your skin reflects what you eat. For your skin, try the following natural remedies that will curtail signs of ageing:



- **Vitamin C** acts as an antioxidant and protects against free radical damage and helps build collagen and elastin in the skin. Good sources of Vitamin C include citrus fruits, *amla*, guava, drumsticks, parsley, lemon, kiwifruit and broccoli.
- **Vitamin A** helps in skin repair. Good sources of this vitamin are carrots, spinach, sweet potatoes with peel and apricots.
- **Vitamin E** acts as an antioxidant like Vitamin C. It reduces scars and marks. Good sources include almonds, avocados, wholegrain products, sunflower seeds.
- **Omega 3 fatty acids** form a component of film coating the skin's surface, which maintains softness and elasticity of the skin. Its sources include sardines, salmon, tuna (I mention these for non-vegetarians with similar problems), flaxseeds and walnuts and soybean.
- **Zinc** controls the production of oil in the skin and may be helpful in preventing acne. Its sources include sesame seeds, pumpkin seeds, wheat germ and oysters.

Greying hair is an early sign of ageing owing to inadequate antioxidant intake. Another reason may be a deficient diet, especially low in Vitamin B12

Other tips

- Limit your intake of fat, sugar, chocolates and pastries.
 - Take lots of fresh fruits and vegetables.
 - Exercise regularly, as it maintains healthy circulation and blood flow throughout the body.
 - Do not smoke and limit alcohol intake.
 - Besides a proper balanced diet, a good night's sleep is also important.
 - As stress also contributes to dull skin, indulge in activities like yoga and meditation to relieve stress.
- As we age, digestion is also affected. Many people suffer from constipation. Drink plenty of water; include fibre-rich food in your diet, chew your food thoroughly, eat at regular intervals, and avoid food that upsets your stomach. Also avoid triggering agents like spicy food, and high-fat and fried food. Drink a glass of a raw leaf juice like mint-coriander and curry leaves. It will help relieve constipation. Also wheat grass juice can be taken daily. It helps prevent greying and relieves constipation.

Ideal food plan

- **Early morning:** Juices like aloe vera/carrot juice/*amla* juice/fruit juice like orange juice; seeds like pumpkin or flaxseeds.
- **Breakfast:** A cup of green tea and sprouts/paneer sandwich, or high-fibre cereals with yoghurt.

READERS ASK

Does everyone need to cut back on salt or are only a few people 'salt-sensitive'?

Eating large amounts of salt doesn't raise blood pressure for most of us, but it will for a few people. Everyone doesn't need to stop eating salt, but should have it in moderation. Some people are more salt-sensitive than others. Salt-sensitive people include people with high blood pressure, older people, people with diabetes or those who suffer from chronic kidney disease.

As dietary sodium intake has been linked to blood pressure and studies have shown that reducing the amount of salt in the diet helps lower blood pressure, shift to a sodium-restricted diet if you are hypertensive. High blood pressure makes your heart work harder and can lead to heart diseases. People on a low sodium diet should limit intake to 1,500 mg of sodium per day (about ½ to ¾ teaspoon in an entire day). However, if people with high blood pressure have a low fat diet, exercise regularly and maintain a healthy body weight, these lifestyle modifications can significantly lower high blood pressure along with a low-sodium diet.

Some people are also asked to follow a sodium-restricted diet in case of cirrhosis of liver if there is fluid retention. Sodium causes the body to retain water. Also, when sodium is restricted, it helps prevent fluid build-up in the abdomen, which is known as ascites. So if you want to reduce your abdomen measurements, try to reduce your sodium intake.

It is not very hard to eliminate salt from your diet; you can restrict your salt intake if you stop adding additional table salt from your salt shaker. Many processed foods have a lot of salt content. So avoiding these foods could prove beneficial.

- **Lunch/dinner:** 1-2 *jowar* or wheat chapatti, green vegetables and soya *bhurji*/spinach dal/ spinach *raita* and a bowl of mixed salad.

Take fennel seeds after your lunch and dinner.

Dr Anjali Mukerjee is a nutritionist and founder of Health Total, which has 15 centres in Mumbai to treat obesity and other health-related disorders. Visit www.health-total.com. If you have a question for Dr Mukerjee, write to contact.mag@harmonyindia.org



SILVER LINING BY V S NATARAJAN

Stay safe: Immunisation in later years

By 60, most people have been immunised or exposed to many a disease. Nonetheless, they still need immunisation. Certain vaccines are indicated only for the elderly, while others are not recommended for all silvers but are available and appropriate for specific patients. Just as children do, older adults need immunisation for protection against serious infectious diseases.

Some 'adult' vaccines

- Influenza
- Pneumococcal disease
- Hepatitis B
- Tetanus
- Typhoid

Influenza

Influenza is an acute systemic viral infection that primarily affects the respiratory tract; a risk of significant mortality is attached to it. It is caused by the influenza virus and spreads quickly through air, as droplets, or through direct contact. Infection is seasonal, found mainly in winter.

The classic syndrome is characterised by sudden onset of fever, chills, rigours, headache, muscle pain, malaise, loss of appetite, sore throat and non-productive cough. Full recovery can take about two weeks. Pneumonia and severe bronchitis commonly accompany influenza in the elderly and occurrence is higher in people above the age of 70. Those with underlying chest ailments like asthma, chronic bronchitis, diabetes, heart disease, cancer and kidney diseases are at a higher risk.

The influenza vaccine represents one of the most important health promotion and disease prevention measures in the elderly. Strains of influenza keep changing with time; to protect ourselves, we need to get vaccinated against the strain prevalent during the year. This is the reason why the influenza vaccine has to be given each year.

The only contraindications to the vaccination are an allergy to egg or a previous severe reaction to the vaccine. Potential adverse reactions include local swelling and tenderness at the site of vaccination within 24-48 hours in 10 to 20 per cent of those vaccinated. Fever, myalgia

and severe local reactions have been reported in less than 2 per cent of patients.

The influenza vaccine must be updated every year to include the current circulating strains of virus and given in an intramuscular way to everyone above 60 years of age.

Its efficacy declines with age; but even in the older-old, the vaccine is protective and reduces the occurrence of illness, protects against serious complications, and reduces the rate of mortality.

Pneumococcal disease

In contrast to influenza, pneumococcal disease is a year-round threat to the health of older people. Pneumococcal disease describes a group of illnesses caused by the bacterium streptococcus pneumonia, also known as pneumococcus. This disease is most common in children and older adults, especially those above 50 years of age.

The pneumococcus bacteria can cause infections like pneumonia, meningitis and septicaemia. Pneumonia usually presents itself as an acute illness where symptoms such as fever, rigours, shivering and vomiting predominate. Respiratory symptoms include breathlessness and cough, which is characteristically short, painful and dry at first, but later accompanied by purulent foul smelling sputum.

Who is at risk?

The spectrum of pneumococcal disease can range from a mild self-limiting infection to severe forms of the disease requiring hospitalisation. Some groups of people are at particularly high risk; these include people suffering from:

- Lung diseases like asthma, bronchitis, recurrent pneumonia, COPDs (smoker's lung)
- Diabetes mellitus
- Chronic kidney diseases
- Chronic heart ailments
- Smoking and alcohol
- Extremes of age



'Prevention is better than cure' has been our advice to the younger generation. But do we really practise what we preach? Have we ever thought of the various infections we might contract? Get vaccinated to preserve your health, and your money too

The pneumococcus bacterium is carried in the nose and throat of children and healthy adults. It can be passed on in droplets released in the air by sneezing and coughing. Most become carriers at some time or the other but not all will become sick.

Can pneumococcal disease be prevented?

Yes, pneumococcal disease can be prevented by vaccination. Two types of vaccines are available for adults: a plain polysaccharide vaccine, and a newer polysaccharide-protein conjugate vaccine. Pneumococcal disease is quite serious in nature and prevention by vaccination can help save a lot of lives.

Vaccination can help prevent pneumococcal disease as well as reduce the spread of bacteria to others. Vaccination also reduces antibiotic resistance. Pneumococcal polyvalent immunisation should be given at least once to individuals over the age of 65. Antibody levels decline over five to 10 years, but it is not clear whether revaccination for those who were vaccinated after the age of 65 is of any use. Nevertheless, some experts recommend a single revaccination. If necessary, revaccination can be done five years after the first vaccination.

Tetanus

In older adults, injury and accidents are very common. Immunisation is recommended for everyone whose immunisation status is inadequate or unknown. If never vaccinated, administer two doses one to two months apart, followed by an additional booster dose six months to a year later. If previously immunised, administer a booster every 10 years. (Contraindicated in case of neurological or hypersensitivity reaction to previous dose.)

Typhoid

Oral or intramuscular vaccine can be given once in three years. Orally, four doses every alternate day or one dose of intramuscular injection may be given.



Hepatitis B

The Hepatitis B vaccine is not recommended routinely for all elders. People who are exposed to blood or blood-contaminated body fluid or IV drugs need this vaccine. One course comprises three injections: the first injection on the first day, the second after one month, and the third after six months.

'Prevention is better than cure' has been our advice to the younger generation. But do we really practise what we preach? Have we ever thought of the various infections we might contract? Are our body and its soldiers, the immunity team, really strong or have they become old like our age? When one single vaccination can save days of mental stress, weeks of physical suffering and thousands of rupees, why don't we opt for the better option? Get vaccinated to preserve your health, and your money too.

Padmashri Dr V S Natarajan, a specialist in the field of geriatric medicine, runs Memory Clinic, a service for silvers in Chennai. If you have a question for him, write to contact.mag@harmonyindia.org



YOGA RX BY SHAMEEM AKTHAR

Well armed: In the first of a new series on yoga and aesthetics, we look at how you can tone stubborn arms

Toning up muscles may appear to be a youthful preoccupation. *Au contraire*, apart from the aesthetics of sleek muscles, a toned body also means several things: strong blood circulation and dense bones that will hold the rest of the body up, including important organs like the heart and stomach. When the muscles learn to hold up against gravity, they can make things light for the whole body, including the brain and the heart. When the load on these important parts is lessened, vascular blood can spill into the other parts, which are otherwise neglected. This keeps all body parts flush with blood. Smooth circulation of blood is very important to ensure that the repairing agent, oxygen, is carried equitably. It also ensures removal of cellular debris, thereby hastening regeneration. So, getting toned is about more than looking good—it is about feeling good and living well.

We take up arms this month because they are possibly the most stubborn part of our body (next to the abdomen) to tone up. To tone up your arms with yoga, you need to learn

to perfect some basic poses; it could be as simple as that! For example, the cobra pose (*bhujangasana*), if done well, can tone the arms superbly. Usually, owing to the strength required to do this, most people do it very slackly, passing on the burden to the legs, or scrunching the shoulders without being aware that this interferes with the entire pose. Similarly, in the standing crescent pose (*ardhachandrasana*), most people bend their arms at the elbows while fully lifted. This actually ruins the impact on the inner arms, the more troublesome spot to tone.

Being aware and learning to shift the weight to the upper body and arms is the first, most important step if you wish to tone up your arms. Holding poses longer instead of doing many in a fast fashion is also important. Phasing the learning process is important, because when you start to shift awareness and, therefore, weight, to the upper body and arms, you are likely to feel some pain. So, it is important to acclimatise the muscles to the load you intend to put on them.

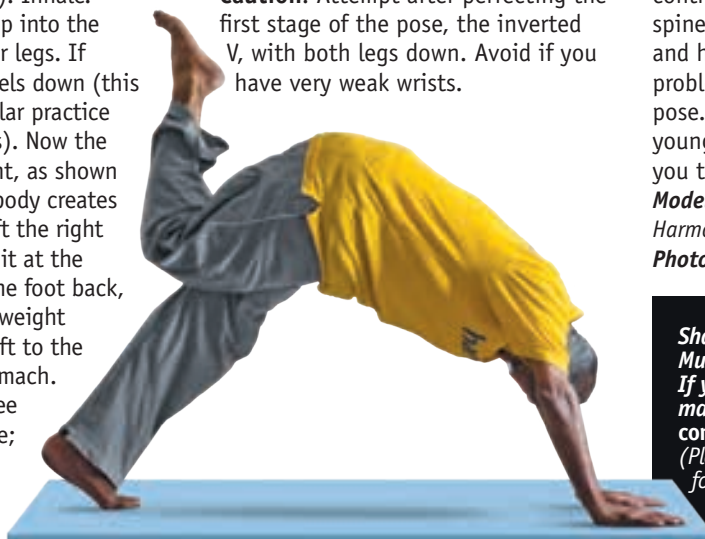
YOGIC MOVES

Downward facing dog/advanced variation (*adhomukhasvanasana*)

Sit on your fours, as in a basic cat stretch (*majrariasana*). Inhale. Exhaling, push hips up into the air, straightening your legs. If possible, push the heels down (this comes only with regular practice as flexibility develops). Now the hands are also straight, as shown in the image, as the body creates an inverted V. Now lift the right leg high up, bending it at the knee, and throwing the foot back, towards the hip. The weight will automatically shift to the arms. Look at the stomach. Hold the pose for three to five breaths. Inhale; then, exhaling, lower yourself back to the

starting pose. Rest in the cat pose, on the knees. Then repeat for the other leg. As you develop stamina, you can increase the time in the final pose.

Caution: Attempt after perfecting the first stage of the pose, the inverted V, with both legs down. Avoid if you have very weak wrists.



Benefits: This pose tones the arms and legs, as well as the abdomen. It develops overall stamina and superbly conditions the spine, preventing and controlling problems along the entire spine. It flushes the brain with blood and helps deal with blood circulation problems. It is a complete healing pose. It also helps the face look young as the blood in the face gives you the yoga glow.

Model: Dattatray Upadhye,
Harmony Interactive Centre
Photographer: Haresh Patel

Shameem Akthar is a Mumbai-based yoga acharya. If you have any queries for her, mail us or email at contact.mag@harmonyindia.org. (Please consult your physician before following advice given here)

Why...

...you gain weight after you lose it?

...you feel hungry all the time?

...you are not losing weight?

Leptin Resistance might be the reason

Leptin is a hormone produced in the fat cells to regulate appetite. Leptin also controls thyroid levels, body temperature, the accumulation of fat in the mid-section and the ability to burn that fat. Leptin tells your fat where to go; therefore, if your body is resistant to leptin, your fat will accumulate in your belly, giving you the "apple shape".

Creating a leptin sensitivity will improve the brain's ability to "hear" what your body needs and does not need. Your brain will find where you have been storing fat and use it to feed your cells.



For enquiries or order, please contact:

09915002390, 07814122220, 07814422220

Email: furoslim@fenfuro.com

To consult doctor call at:

09878941956 from 2:00pm to 3:30pm

& 6:00pm to 9:30pm only

Available at selected chemists

www.fenfuro.com

It takes about
8-12 weeks to
improve
sensitivity of
Leptin

Linez & Curvez-7814254002



THE GREAT GRANNY DIARIES BY PRATIBHA JAIN SMT NILA DEVI SHAH, PIPLIYA KALAN, RAJASTHAN

An engaging series about the wisdom of love, nurturing and culinary bonding across generations

While some are ruled by circumstances, others rule them. Nila Devi Shah clearly belongs to the second category. She may not have liked the tiny village of Pipliya in Pali District where she had to stay to take care of her husband's grandparents, but that did not stop her from becoming an agent of change. Mother of three sons and two daughters, grandmother to 14 and great-grandmother to three, she has instilled kindness and compassion in everyone's heart.

Along with her sons and their wives, she has changed the destiny of Pipliya. Free medical services, mobile vans, large medical camps... Nila Devi Shah does the Rajasthani community proud with her zeal and dedication. Seemingly silent and content, on first glance it's tough to see the dynamic energy that drives her. But once she starts speaking (even though the calm tone stays unchanged), the depth of information and the fantastic capacity to convey it logically make her unique.

She knows every doctor by name, their schedules are on her fingertips; and she speaks of them as family. 'A diligent social worker, a compassionate activist, a large-hearted leader and a selfless giver' is how I would like to describe her.

Yet she remains an unsung hero. So engrossed she is in what she does, that nothing else matters. In fact, she expresses surprise and delight at being interviewed.

She speaks confidently and thoroughly in a mixed Hindi and Rajasthani dialect. We meet at her brother's house in Chennai, where she was visiting.

Tell me about your roots.

I was born in Bhavaal village of Rajasthan but grew up in Madurantakam near Chennai. I was married at the young age of 17. I still remember that a huge gathering had come from the groom's side for the wedding—almost 350 *baraati*.

Why and when did you move to Pipliya Kalan?

"For in-house patients and doctors, everything is prepared in our own kitchen. It is a warm feeling that is enhanced by the fact that everyone calls me Mummyji"

After marriage, we lived in Ahmedabad for five years. By then, my husband had established cable factories in Chennai, Delhi, Bangalore and Ahmedabad. He decided to move to Pipliya to take care of his grandparents. There, he set up a cable factory, a machinery-manufacturing unit, and also started PG Foils Ltd, a company that manufactures aluminum foils.

Did you initially object to staying in a village?

I don't think any of us ever thought like that. Objection was never an option. Life was tough there, with no water and electricity. I had grown up in a city and found it very different. But we stayed on. Looking back,

I am glad we did. My husband was kind-hearted and as there was no health centre in Pipliya at the time, whenever anyone in the village fell sick, he would send them in his own vehicle to Byawar. He always assisted the sick.

What was the inspiration to start the hospital?

My husband passed away in 1982. He had an accident and we could not get medical assistance on time. My sons resolved to start a hospital in Pipliya. All of us simply assumed that I would play an active role in it. We started the Nanesh PG Memorial Hospital in 1984. It is my life's vision and mission; I cannot imagine life without it.

How did the hospital evolve? It must have been tough to find professionals who would be willing to come to such a remote area!

That's true. For seven to eight years, we hardly found any doctors. Then a couple of them came from Delhi and Jaipur for almost two years. Today, we have five mobile hospitals and more committed doctors. Many of them make weekly and monthly visits; they are like a family to us. Some of them charge us only for travel. We also have doctors to perform various operations, including plastic surgery. We also conduct annual blood donation camps, where over 1,500 people donate blood. In March every year, on the death anniversary of my husband, we organise a free medical camp. Close to 3,000 people attended the camp last year.

Are all the medical services free for the villagers?



Chennai Pix



Yes, almost free; even though everyone advises me against it. The largest challenge we faced is that the patients would not bring back their prescriptions on their next visit. Now we charge them ₹ 2 and ₹ 5, just to ensure they take their health seriously. You may find it hard to believe that even such a token payment instills responsibility.

How do you manage the facilities for your in-house patients?

The hospital is well-equipped. As far as the food is concerned, for in-house patients, doctors and staff, everything is prepared in our own kitchen at home. It is a warm feeling which is further enhanced by the fact that each and every person calls me 'Mummyji'.

Please share the other task you have undertaken to empower the village women; how you buy large quantities of spices from them....

I found that the spices prepared here were fresh and pure. They also enhanced the taste, colour and aroma of food. Initially, I bought the ingredients and pounded them at home



Haresh Patel

Who pitches in when you are travelling?

My daughters-in-law are very supportive in all my endeavours. I pursue my religious interests and other social activities simply because of the cheerfulness at home.

A word about changing times!

I don't think time has changed. Priorities have changed. The younger generation now values freedom more than anything else.

And is that an easy demand to be met?

When I want to be free, why tie anyone else? I believe that if you give them what they value, they will respond likewise. Many of our relatives express surprise that my children and grandchildren are happy with Pipliya as their base. But with modern conveniences of travel and everything a click away, I guess Pipliya is no more the remote place it once was.

From Nila Devi Shah's kitchen

Dal ka seera (halwa with lentils)

One of the most popular sweet dishes of Rajasthan, *dal ka seera* is seemingly simple, but requires practice, patience and expertise. Most families have one or two people who become experts at it. Nila Devi Shah's *seera* is much loved by family and close relatives. In cold winter months, it's everyone's favourite, with fried lentil *pakoda* as the perfect accompaniment.

Ingredients:

- Split yellow lentils (*moong dal*): 2 cups
- Milk: 1 litre; boiled and reduced to ¾ quantity

- Sugar: 2 cups
- Ghee: 1½ cups
- Saffron: ¼ tsp
- Slivered almonds and pistachios for garnishing

Method

Soak *moong dal* in water for 3-4 hours. Grind into a fine paste without adding much water.

Soak some saffron in warm milk and rub until the milk turns golden. Heat ghee in a thick-bottomed pan and add the ground paste. Roast on medium flame until the paste turns golden. Then reduce the flame and continue to roast until it turns deep almond in colour. Increase to medium flame, add milk gently and stir continuously so that there are no lumps in the mixture.

Once milk has been absorbed, add sugar and continue to stir gently. When cooked, ghee will leave the sides. Add saffron liquid and garnish with slivered nuts. Serve hot.

Originally this dish was made with green gram with skin. Lentils would be soaked and then rubbed on a rough cloth to remove all the skin. It is a task that required some practice.

Once the skin was removed, the remaining *dal* was ground and used as required. There is no doubt that it imparted a richer flavour and texture to the dish.

Pratibha Jain, an author and translator from Chennai, is the co-author of two award-winning books Cooking at Home with Pedatha and Sukham Ayu. Her area of specialisation is documenting Indian traditions through research, translation and writing

for my own consumption and for some close relatives. Gradually, others who knew me also began to ask for them. Now, thousands of kilograms of spices are being sent to many relatives and friends. The village women are happy because it is a good source of income for them. I feel a sense of satisfaction that both the sides are being benefited.

PROACTIVE



Haresh Patel

Root cause

Devidas Vaidya believes organic farming holds the key to self-sufficiency in Karnataka's remote villages, reports Sai Prabha Kamath

An organic revolution is all set to sweep through the micro-interiors of Karnataka. Spearheading this mission is 68 year-old Devidas Vaidya. Former employee of a multinational pharmaceutical giant, Vaidya is a social awakener with a clear agenda. "I want to stop rural migration and promote integrated and sustainable rural development through organic farming." According to him, this traditional and time-tested wisdom has been overlooked as most farmers find cattle maintenance cumbersome. "Cattle are actually a boon; while animal manure enriches the soil, chemical fertilisers bring down its fertility."

In 2006, when this Mumbaikar (a resident of suburban Malad) began to propagate this message in his native village of Madiangadi in Honavar taluka of Karnataka, there were few takers—except one farmer, Vishnu Nagappa Naik. Six years ago, Naik had three cows. Vaidya taught him to make organic fertiliser using cow dung and cow urine. Naik used this compost in his paddy fields, increasing the production of his soil-enriched farm by 50 per cent. What's more, Naik became the source of compost for farmers; in fact, they stopped using chemical fertilisers. Today, Naik owns 24 cows and plans to buy more. "I used to make a living by selling milk; today, I make more money selling compost," says Naik, expressing his gratitude to Vaidya.

Villagers who witnessed Naik's prosperity now want to emulate his success story. Many who were on the verge of selling their land to migrate to urban areas are now ready to stay back and take up organic farming;

there have been several enquiries from neighbouring villages as well. Even sustaining the momentum requires an action plan, and Vaidya is already armed with one. "A cow for each farmer," he emphasises. "I have the support of around 50 farmers. I am trying to arrange for funds and I am sure many more Vishnu Naiks will be created. This is just the beginning of a plan I have envisaged for their self-sustenance. Very few know that there are 330 million microbes in a cow's dung and urine, which can fertilise an acre of land."

"Cattle are actually a boon for farmers; while animal manure enriches the soil, chemical fertilisers bring down its fertility"

Partner in Vaidya's thoughts and movement is Ratnakar Gokarn, the 79 year-old director of Shamrao Vittal Cooperative Bank and Vaidya's friend. "In cities, growth is self-propelled, but it needs a push in rural areas," he explains. "We have a five-point plan: generating employment opportunities for villagers, increasing their family income, curtailing migration, creating assets and returning their wealth to them. The village was previously short of milk, but after a boom in cow rearing, there is no dearth of milk and milk products."

Engaged in environmentalist Rahul Deshpande's project Venu Madhuri—an NGO working towards making villages self-sufficient—Vaidya wanted to apply his training and experience to

his own village. Venu Madhuri, in fact, inspired him to replicate the model of 'Sustainable Rural Development through Traditional Wisdom'. Even before Vaidya's actual journey began, his thoughts had started veering towards spending retirement reaching out to people. His first brush with social work was in 1978, when one of his friends started a residential school for the tribal population in Orissa's Buxma village. "I visited the place; the poverty-stricken, malnourished children used to eat rats," he recalls. "I collected medicine samples from my doctor friends, old clothes from friends and sent them to be distributed among the villagers. Later, the villagers were taught animal husbandry and when we started a dairy cooperative in 1985, it was the first time their kids saw milk."

Later he worked with leprosy-stricken patients in Mumbai. "It was heart-wrenching to see nuns cleaning and washing their wounds with a smile on their faces." These experiences changed him as a person. Even his employers were moved by his social work and presented him the 'Legend in social/community work' award. In 1998, Vaidya visited a primary school built by his father in 1956 in Madiangadi. The building was a dilapidated structure, where children came in worn-out clothes. Lack of hygiene and furniture shook his conscience. "The scene moved my heart and, at once, I adopted the school with my wife's full support. So far, I have been contributing to all these projects from my personal income without expecting donations from anyone."

"Vaidyaji has renovated our school," shares Arun Naik, headmaster of



Vishnu Naik at work in his cowshed; Vaidya distributes *Bhagavad-Gita* at a school library

the school. "He takes care of all our infrastructural needs, presenting school uniforms every year to about 60 kids, besides conducting health camps. More important, through his regular visits and active participation, he has instilled moral values, ethics, a sense of culture, and environmental awareness among students." In fact, Vaidya taught these schoolchildren the universally relevant *Bhagavad-Gita shloka*. The cultural and spiritual awakening hasn't left the elders untouched—the village started becoming cleaner and greener, thefts went down to nil, education gained importance, and there was harmony during religious festivals.

For the villagers, Vaidya conducted awareness camps and workshops on the ill-effects of alcohol; as a result, alcoholism has dropped drastically. This transformation has been slow but steady. Sooner than later, villag-

ers started recognising the potential of community projects and engaged actively in them.

The favourable response to his *Bhagavad-Gita* discourses made him undertake a massive project of distributing copies of the book (in Kannada) to

"There are about 630,000 villages in India. I request every senior citizen of India to reach out and adopt at least one village"

700 school and college libraries of nearby villages like Karwar, Bhatkal, Ankola and Kumta. "Most of these villages had only heard of the *Gita*, but had never seen the book," he says. "It took me 17 days to personally hand

over a copy each to these libraries. The project began in March 2012 with support from ISKCON. I have been getting positive feedback from many of these educational institutions. The Karnataka government has also appreciated the project. In the next phase, I plan to distribute 850 copies in other villages."

After seeking voluntary retirement in 2002, Vaidya feels his charitable endeavours have thrived with support from his wife, daughter and twin sons. "When you are serious, sincere and with no ulterior motives, you will be successful," he affirms. His message to silvers: "There are about 630,000 villages in India. I request every senior citizen of India to reach out and adopt at least one village and make use of their field of expertise in village development." Vaidya's friend Gokarn agrees, "Only if villages prosper, India will prosper." Act, we say! ✨

RELIANCE

Life Insurance

For a Life Cover of ₹ 1 crore
my premium is only ₹ 8400 p.a.*

Premium that is easy on your pocket!

Presenting...

Reliance Life Insurance eTerm Plan



Benefits

- ▶ **Instant Cover** at affordable premiums
- ▶ Gives **Special Rates** for female lives
- ▶ **Protects** your family
- ▶ Choose from two **Life Cover Options**
- ▶ **Simple and Easy** online application process
- ▶ **Tax Benefits** u/s 80C & 10(10D), subject to conditions

Apply at www.reliancelife.com



Instant Protection for your family at affordable rates!

▶ Income Tax Benefits under the income tax laws of 1961 are subject to amendments and interpretation. ▶ Kindly consult a tax expert.
▶ Kindly review the offer documents carefully before investing. ▶ *Conditions apply.

Reliance Life Insurance Company Limited (Reg. No 121) Registered Office: H Block, 1st Floor, Dhirubhai Ambani Knowledge City, Navi Mumbai, Maharashtra 400 710, India
Customer Care Number: **1800 300 08181 & 3033 8181** ▶ Email: rlife.customerservice@relianceada.com ▶ Website: www.reliancelife.com

ISO 9001:2008
CERTIFIED COMPANY

For more details on terms and conditions please read sales brochure carefully before concluding a sale.

For internal communication only. Insurance is the subject matter of the solicitation. UIN for Reliance Life Insurance eTerm Plan: 121N087V01

Ted talk

Straight talk was as much a weapon as his cricketing acumen. On a recent visit to Kolkata, Ted Dexter, former England captain and chairman of selectors, spends some delightful moments with **Partha Mukherjee**

Perhaps the best way to describe Ted Dexter would be to quote the man himself. The former England captain, dubbed the 'most charismatic cricketer of his generation', writes on his blog: "I ask for a degree of licence for my propensity to look the wrong way down a lengthy telescope". Anyone who knows Dexter would also know that this is no apology; rather simply a preface to his gift for always playing it straight. But if Dexter loved shooting poison arrows, they were dipped in a sense of humour that always found its mark. Sample the 'Short Version' of his biography on his blog: "international sportsperson and jolly good egg".

We caught up with the 'jolly good egg' at the Cricket Association of Bengal (CAB) in Kolkata, where he was invited to commemorate 80 years of Test Cricket between England and India. His charisma undiminished at the age of 77, Dexter walked into the CAB parlour dressed in a light orange shirt, beige trousers, polished shoes and a deceptively benign smile. Were we about to meet 'Lord Ted' as nicknamed by his fans or Ted Dexter, the man?

It has been 50 years since you first visited Kolkata.

I have been here quite often. I came here in 1961-62; then in 1993 with the English cricket team led by Graham Gooch; and in 2008 to celebrate my 50th wedding anniversary. My family and I have had some wonderful times here.

Your wife was born in Kolkata; your father-in-law Tom Longfield was from here.

Yes, my wife was born in this city. She was brought up here the first eight years of her life and she still has some strong memories. She was sent back to England for her schooling but she spent two holidays here.

What changes do you see in the city?

Well, Eden Gardens was not like it is today. It was more open like any countryside cricket club in England, and the pavilion was down the eastern side. I cannot forget the




cheers of the crowd. The ground has undergone considerable change. Wow! Hotels were few and far between and we had to stay at rest houses. There was no television and we had to make our own entertainment. In 1993, Air India had gone on strike and we had to travel by train and bus.

In what way has the game changed?

I keep asking, where is the difference? The cricket ball is the same; the pitch is the same; even the field placing is the same. Players hold one catch and drop another. Well, we never wore helmets and our bats were less powerful. But nothing else has changed.

Do you think the one-day version of the game has robbed cricket of its essence?



“The cricket ball is the same; the pitch is the same; even the field placing is the same. Players hold one catch and drop another. Well, we never wore helmets and our bats were less powerful. But nothing else has changed”

Shilbhadra Datta

It depends on how you look at the game. There are two different flavours. In the ODI edition, you get the flavour of team spirit, whereas in the Test match format you inhale the tang of individual brilliance.

Has the time come for Sachin Tendulkar to hang up his gloves?

I would like Tendulkar to retire on the right note. It must be very hard for him but he has to accept the inevitable. He is almost 40. At this age, how long can one play a day-and-a-half on the field and then come out to bat?

Your first autobiography, *Ted Dexter Declares*, was a runaway success. Do you plan to write any more books on your cricketing career?

Yes, there is a crowd of memories in me and I plan to jot them down.

You used to carry a portable TV to the dressing room so you could watch the horse races. Will you be watching the match at Eden Gardens on your portable television or at the Kolkata Racecourse?

Ha, ha, ha! I have stopped betting on horses.

Sports journalism, golf, writing, flying and, of course, racing—you have had quite a few flings. But you are firmly wedded to cricket. What's your secret?

As you say, those were my flings and cricket is my love. As you know, love means being together forever.

COVER FEATURE

Writefully, yours

We know her for her signature style, which is, telling it like it is. And she has dented not a few reputations in her wake. In her latest book, *Durbar*, Tavleen Singh unravels the intricacies of Delhi's drawing-room politics. The journalist-cum-author shares some spicy nuggets in a candid conversation with **Srirekha Pillai**



Photographs by **Vilas Kalgutkar**

She is politically incorrect, and famously so. If you have been following seasoned journalist and columnist Tavleen Singh's writings, you'll know she's not exactly known for mincing words. She has made a career out of straight talk and being irreverently undiplomatic—much to our delight!

Singh was born into an aristocratic Sikh family—her grandfather helped Edwin Lutyens build the city of New Delhi—and she inherited her passage into the politically influential swish set in the capital. But her blooding as a journalist—she started her career as a junior reporter with *The Statesman* in New Delhi—left her utterly disenchanted with the very people she had grown up with.

At 62, Singh has authored three books already. Now, in her fourth, *Durbar*, she provides an account of the turbulent years of the Emergency, the birth and evolution of insurgencies in Punjab and Kashmir, and an intimate look at the people who were pulling the strings in New Delhi.

But Singh has done much more than wield the pen. In her 37 years as a journalist, she has been in the thick of the action. She has come face-to-face with Sant Bhindranwale, who rebuked her sharply for writing an article titled “Why I am ashamed to be a Sikh”; and was caught in the cross-fire while entering the Golden Temple during Operation Black Thunder. Or for that matter while covering the drought in Kalahandi, Orissa in 1987, she discovered that villagers were surviving on just birdseed and wild grass!

She also has a knack for lacing her diatribe with a touch of humour. Singh confesses that when she was named ‘Tavleen’, it was “not a name at all”. “There are now many Sikh girls who are called Tavleen. At one point, there was even a tigress in the Jim Corbett Park named Tavleen!” The journalist and writer also found her name erroneously mixed up in the hijacking of the Indian Airlines flight from Srinagar in 1984, not to mention an oblique mention in Salman Rushdie’s *The Satanic Verses*; the book had a Sikh woman named after her blow up a plane. Rushdie later made up for that by presenting Singh a signed proof copy of his book in which he wrote, “For Tavleen, with apologies for the misuse of her name”.

Always an iconoclast, Singh has made, and lived by, some pretty unconventional choices, her personal life included. Singh had fallen in love with a much-married Pakistani, Salman Taseer in 1980, when he came to Delhi to promote his biography of Zulfikar Ali Bhutto. Though the relationship didn’t last long, they have a son, Aatish, who is an author based in London. Salman Taseer went on to become the governor of the province of Punjab from 2008 till his assassination in 2011, for opposing his country’s Blasphemy Law in the Asia Bibi case (see ‘Bookshelf’).

She currently lives with Ajit Gulabchand of construction conglomerate HCC, the man behind the landmark Bandra-Worli Sealink, and writes weekly political columns for *The Indian Express*, *Jansatta* and *Amar Ujala*. We met her at Gulabchand’s sea-facing apartment in Nariman Point, Mumbai.

EXCERPTS FROM AN INTERVIEW:

In your opinion, who is the best prime minister India has ever had?

Narasimha Rao. If it wasn’t for him, we would still be living in socialist times, when there were only Ambassador cars and Premier Padminis on the roads; when there was only the monotonous Doordarshan, whose sole purpose was to promote the people ruling Delhi. There were just about 5 million telephones then, whereas today we have over 960 million telephone connections. People would have continued to live and die in poverty if not for Rao. The thriving middle class we see today is only because of the liberalisation of the economy started by Rao.

Everyone from teachers in villages to clerks in the government were enlisted and given sterilization targets. When the targets were found to be unrealistic, officials used the Emergency’s suspension of fundamental rights, and the blanket of silence imposed by a censored press, to institute an undeclared programme of compulsory sterilization.

Pg 44, *Durbar*

What was the appeal of Indira Gandhi? You mention in *Durbar* that despite the fact that she did not deliver and continued with the socialist policies of Jawaharlal Nehru, the electorate still connected with her.

For the electorate, which largely consisted of malnourished, poor, rural and illiterate people, Indira Gandhi was no less than a goddess. She was all that they were not; educated, well-dressed and more important, fair skinned. She would suddenly descend in their midst from the skies in a helicopter. She reached out to them with her slogan, *Garibi hatao*. She may not have succeeded in lifting them out of poverty but she more than succeeded in convincing India’s poorest that she was their leader. Their only leader.

Once Sonia Gandhi told you, “I would rather my children begged in the streets than go into politics.” What has changed between then and now?

A lot. She has experienced power. All this talk of renunciation is just for the consumption of the naïve and the silly. Everybody knows who the most powerful leader in India today is. So there, you have your answer!

Rajiv became prime minister with a massive mandate but he floundered. Was it inexperience or wrong advice?

It was both. He had only seen the world until then through a cockpit. Contrary to the myth being spread by those who believe Sonia is one of the greatest leaders in the world today, Rajiv had nothing to do with politics. Nor did Sonia. It was Sanjay who was the political son of Mrs Gandhi, and if she had a political advisor among her daughters-in-law at that point, it was Maneka, and not Sonia. Rajiv was thrown into the deep end. He was in politics for only six years when he became prime minister. So, although some of his instincts were good ones, as I have mentioned in the book, it crumbled quickly, because he allowed the killing of the Sikhs following Mrs Gandhi's assassination, and justified it.

Unfortunately, Rajiv took some reckless decisions. Take the Shah Bano case for instance. He passed the Muslim Women Act with an absolute majority in 1986 to dilute the secular judgment of the Supreme Court, which ruled that the law of the land is the same for every Indian woman. Imagine a young prime minister doing that! He did that, assuming he would get Muslim votes. And when that didn't work, he tried wooing Hindus by promising 'Ram rajya'. The BJP took one look at that and said, 'Well, we can do this much better!'

He made 31 visits to 29 countries in 87 days. Did the image of India get a makeover overseas when Rajiv Gandhi was the prime minister?

In my opinion, the only people who have done more damage to India than politicians are bureaucrats. When you have a weak prime minister, bureaucracy takes over. Rajiv was made to believe by the bureaucrats that he could make India a regional power by making these trips abroad. Unfortunately, a pretty prime minister does not help make the nation a regional power; a strong economy and democracy do. Rajiv was the prime minister of my generation. He had the biggest mandate in Indian history. To put it mildly, he just blew it up!



The more I thought about this the more aware I became of the kind of people Rajiv had chosen to surround himself with. Sycophants, servile officials and only those friends who were prepared to defer to him. He had chosen his team as an unwise maharaja may have done in another time.

Pg 277, *Durbar*

The impression he (Morarji Desai) left on me was a bad one. In my notes I described him as a nasty old man who reeked of expensive cologne. Later, my colleagues in the reporters' room told me that the cologne was necessary to disguise the smell that he had acquired from all the urine drinking. This may only have been journalistic speculation but it did in a way explain why someone as punishingly austere as Desai would allow himself this peculiar indulgence.

Pg 79, *Durbar*

Sonia Gandhi fell out with you after you profiled her in *India Today*.

As I clearly mention in the book, I did the profile with her consensus. Now everybody knows that she speaks Hindi and English with an Italian accent. But, back then, when she was just Rajiv Gandhi's wife, nobody knew what she was like or how she sounded. So, Aroon Purie asked me to profile her. But, as I mention in the book, he found it so anodyne that he was a little embarrassed. To balance the profile, he wanted her criticism by others to be incorporated. Sonia didn't like it. After that, she really doesn't open to me much.

Comparing Benazir Bhutto and Rajiv Gandhi, you've written, "She seemed so much more intelligent and political than Rajiv that it was a contrast I found hard not to notice." Both of them had political lineage. Yet, what made them so different?

Benazir Bhutto came to power after her father, a democratically elected prime minister, was executed by a dictator. She had the choice of leaving Pakistan and leading a good life. But she chose to stay and fight for democracy. During that period, there were moments when she was in an open cell in Sukkur in Sindh, where the temperature is pretty high. She stayed there for several years, sticking it out. She became a political leader in her own right. Well,

she definitely was more intelligent. Let's say, Rajiv was not the brain of India!

While reporting on Operation Blue Star and Operation Black Thunder, were you aware of the risk to your life? What was it that made you go through it—the high of getting a story or the recklessness of youth?

I was 34 when Operation Blue Star happened. It was a great story. But, there was no real risk. It's true that there were snipers when we went into the Golden Temple. But we had the cover of the Indian Army. As far as Operation Black Thunder goes, if I had ever realised the risk I would run into, I wouldn't have taken it up. I'm a Sikh, and I have been brought up by my grandmother to be brave. But, when I went inside the Golden Temple and saw the first body, I thought of turning back. Then, I saw those scared pilgrims huddling together outside the kitchen, asking for water. As I had made up my mind to help them, I decided to go inside and see what was happening. When I saw arms being carried inside and dead bodies lying around, I was scared out of my mind. I thought I would be killed. I know I'm stupid, but not that stupid to risk my life!

When you started reporting, there were only five women journalists in Delhi. Today, there seem to be more women journalists than men. What would you attribute this to?

Merit. Women who are into journalism are often more educated than men in journalism. Journalism is not usually the first choice for a man, especially in India, whereas for a woman, it's the love of journalism that brings her into the profession.

Would you say that journalists have become power brokers, as the Nira Radia tapes have revealed?

A cosy relationship exists between journalists and politicians in all the capital cities around the world. I think the Radia tapes were blown out of proportion. I don't believe Barkha Dutt is a dishonest journalist. For that matter, I know Vir [Sanghvi] also. If someone told me he was corrupt and on the payroll of someone, I would be surprised! I know journalists who had come to Delhi with just ₹ 10 in their pockets and now own television channels. It takes about ₹ 100 crore a year to keep a television channel running. Think about that! A book can be written on the ones that are corrupt. [Laughs.] Maybe I will do that one day.

You are on Twitter. You seem to be in tune with the times and tech-savvy too.

When I started as a journalist, we had typewriters and teleprinters to file our stories. Well, I would say I'm crazy about computers and the Internet. I wouldn't have been able to write my books but for my computer. I'm on Twitter because I knew I was going to write this book, and it's easier to promote a book on Twitter than embark on a book tour. But I'm not into any other gadget.

A new survey says that middle age doesn't set in till 55 and people don't see themselves as elderly till they are 70. Do you agree?

Well, I certainly don't feel very old. I'm 62. I work out five days a week. I do yoga in the evenings and work out on a cross-trainer once a week. I also work out on the treadmill on alternate days. On the days my trainer comes, I walk up 32 floors in nine minutes flat!

On your relationship with Salman Taseer, you've written, "It was a relationship that was doomed from the start." Would you like to comment on that?



Well, he's no more. So, there's very little point in talking about it. I was in love with him. Whatever his flaws were, we don't need to discuss them now. But, he died in a very heroic way, standing up for Asia Bibi, who was wronged. I'm very proud of my relationship with him. My relationship with him was doomed because he was going to be a politician, and in Pakistan you can't be a politician with an Indian wife and children. It's a complete no-no!

Your son Aatish Taseer has addressed the issue of estrangement with his dad in his book *Stranger To History: A Son's Journey through Islamic Lands*. How did you both get through those difficult years?

What can you do? You deal with life the way it comes. I don't see myself as a victim, nor does Aatish.

Can you say you've found love again?

Many times over. [Laughs.]

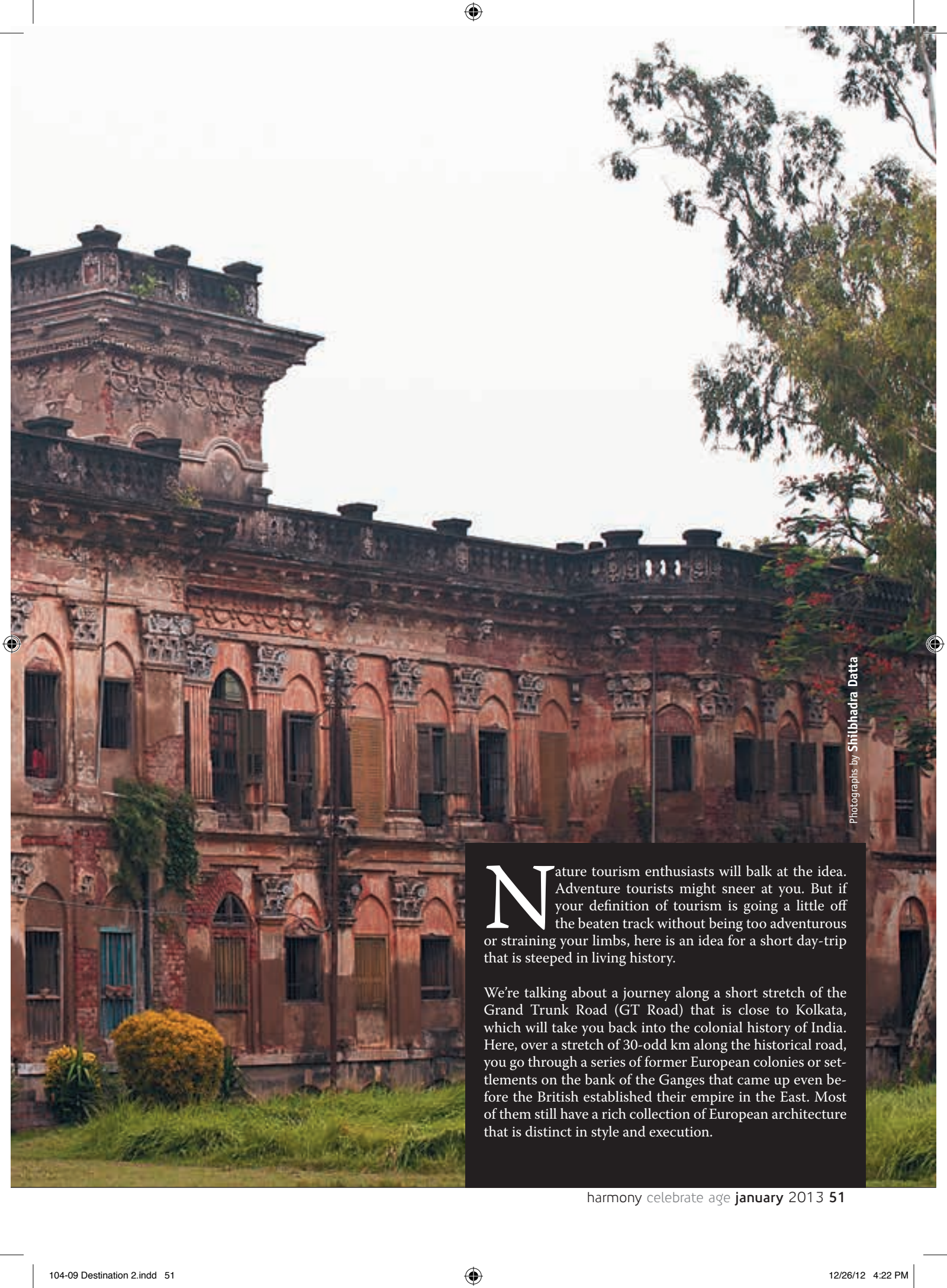
DESTINATION

DOWN MEMORY ROAD

Sudipto Roy drives us along a historic stretch of GT Road through the towns of Serampore and Chandernagore

Zamindar House of the Khans of
Mankundu on the G T Road

50 harmony celebrate age january 2013



Photographs by Shibhadra Datta

Nature tourism enthusiasts will balk at the idea. Adventure tourists might sneer at you. But if your definition of tourism is going a little off the beaten track without being too adventurous or straining your limbs, here is an idea for a short day-trip that is steeped in living history.

We're talking about a journey along a short stretch of the Grand Trunk Road (GT Road) that is close to Kolkata, which will take you back into the colonial history of India. Here, over a stretch of 30-odd km along the historical road, you go through a series of former European colonies or settlements on the bank of the Ganges that came up even before the British established their empire in the East. Most of them still have a rich collection of European architecture that is distinct in style and execution.

While going through these historical towns, you witness a slice of living history: the GT Road in all its ancient glory. While you cover this short distance, you will not only travel along the road that even Rudyard Kipling wrote about, you will also pass down the memory lane of the early years of industrialisation in India. Along the length of this road while the river Ganga plays hide and seek with you, there will be scope for you to see the legendary old jute mills standing on either side with their old English names and ancient buildings, most of which are many centuries old.

Those who are historically inclined would know that Chandernagore was the erstwhile territory that belonged to the French colonialists along with Pondicherry in the south. But few care to remember that this 30-40 km stretch also had other European powers jostling for a toehold in the great promise that India was in those days. Apart from the French in Chandernagore, you had the Dutch in Chinsurah (now Chuchura), Danes in Serampore and Portuguese in Bandel.

To see these small towns of Serampore and Chandernagore, all you need is a day—and a car. The stretch of GT Road you will travel through is heavily urbanised. So find-

ing a decent eatery during any part of the journey should not be a problem. However, don't expect swanky restaurants serving continental dishes but more modest facilities with a touch of local flavour.

Coming in from Kolkata, Serampore on the bank of Hooghly is the first logical stop. While here, it is easy to find the college built in 1818 by pioneering English missionaries William Carey, Joshua Marshman and William Ward (also known as the Serampore Trio) right on the riverbank. While you marvel at the architecture of this extremely well-maintained building or loll on the lush green lawns of the sprawling campus of the college, you might do well to remember that this is one of the very few colleges that still offers a bachelor's degree in theology—through a Royal Charter of Denmark it has the right to offer its own degree in theology.

After the college you may want to see St Olave's Church, a Danish church built more than 200 years ago. It's near the district court area—a short drive from the college. It is in a terrible state of disrepair. Standing in front of it, it is difficult not to feel nostalgic; hope we don't let such priceless pieces of history go waste owing to lack of initiative and gross negligence.

Kanailal Vidyamandir; Dasco Bakery; (facing page) Dourgachorone Rouquittie ghat; St Olave's Church



PARTS OF CHANDERNAGORE ARE STILL PROUDLY FRENCH AND THE BENGALIS OF THE TOWN WEAR THEIR FRENCH HERITAGE WITH ÉLAN. THEY STILL BUY THEIR 'FRENCH LOAVES' FROM THE LOCAL DASCO BAKERY AND SPELL THEIR NAMES IN THE FRENCH STYLE

On a bad traffic day, Serampore to Chandernagore is a matter of half an hour's drive along the GT Road through heritage jute mills, shops and general urban chaos. You will cross small train lines on the way dissecting the road from your left to right. Those are tracks meant for finished jute bales to go from the factory to the private jetties on the river by train; a distance of a few hundred yards at the most.

You know you are in Chandernagore when you cross a small culvert on GT Road, with two pillars on either side of the road proudly proclaiming the motto of the French Revolution: Liberty, Equality and Fraternity. But wait a minute; it's written in French, not English: Liberté, Egalité, Fraternité. Welcome to French Chandernagore. The culvert you just crossed over is now an almost dead moat that once separated French Chandernagore from British India. Parts of Chandernagore are still proudly French and the Bengalis of the town wear their French heritage with élan. They still buy their 'French loaves' from the local Dasco Bakery and

spell their names in the French style. For example, the very typical Bengali surname Rakshit is spelt here as 'Roquette'!

The best part of urban Chandernagore is the Strand and it's best to head straight for it once you reach the town. This part of Chandernagore is well-maintained and clean; with the smoothly flowing river on one side and the French Institute/Duplex Museum and the elegant St Joseph's Convent on the other, this is the heritage zone of the town.

On a working day you could visit the museum to see several of the personal effects of Governor Joseph Francois Duplex as well as historical artefacts relating to the history of the town. Right next to the museum is St Joseph's Convent, another heritage building of more than a century's vintage. But the most interesting piece of historical architecture is a ghat built in the memory of Chandernagore local 'Dourgachorone Rouquette' by his son. If you read the plaque more carefully, you will realise that he got the





Staple food of the locals; the pillars bearing the motto of French Revolution

highest French civilian award, the Légion d'Honneur, back in 1841. But ask any Bengali, and 99 per cent would say it was Satyajit Ray who got it first! As for the ghat, it is colourful with elegant columns and elaborate stucco work complete with elephant heads and floral designs.

A few steps ahead, you come to the beautiful Chandernagore Church, formally known as the Sacred Heart Church. While the exterior of the building is striking, with two elaborate columns, the interiors have stained glass windows and colour relief work on the walls. Around the corner is the small heritage shop of Dasco Bakery. They still take pride in baking French loaves for tourists and the local population. The shop may look a tad shabby but the smell of the freshly baked loaves is hard to resist.

By virtue of its status as a French colony, Chandernagore was a safe haven for many Indian revolutionaries who believed in armed struggle against the British. It used to offer shelter, a kind of unwritten political asylum, to noted revolutionaries, among them Aurobindo Ghosh. A few steps down the road from the heritage bakery shop stands a school dedicated to the memory of one such revolutionary, Kanai Lal Dotto (sic). This school still offers French education to interested students and legend has it that those who passed out from this school once could walk into the famed Sorbonne University in Paris.

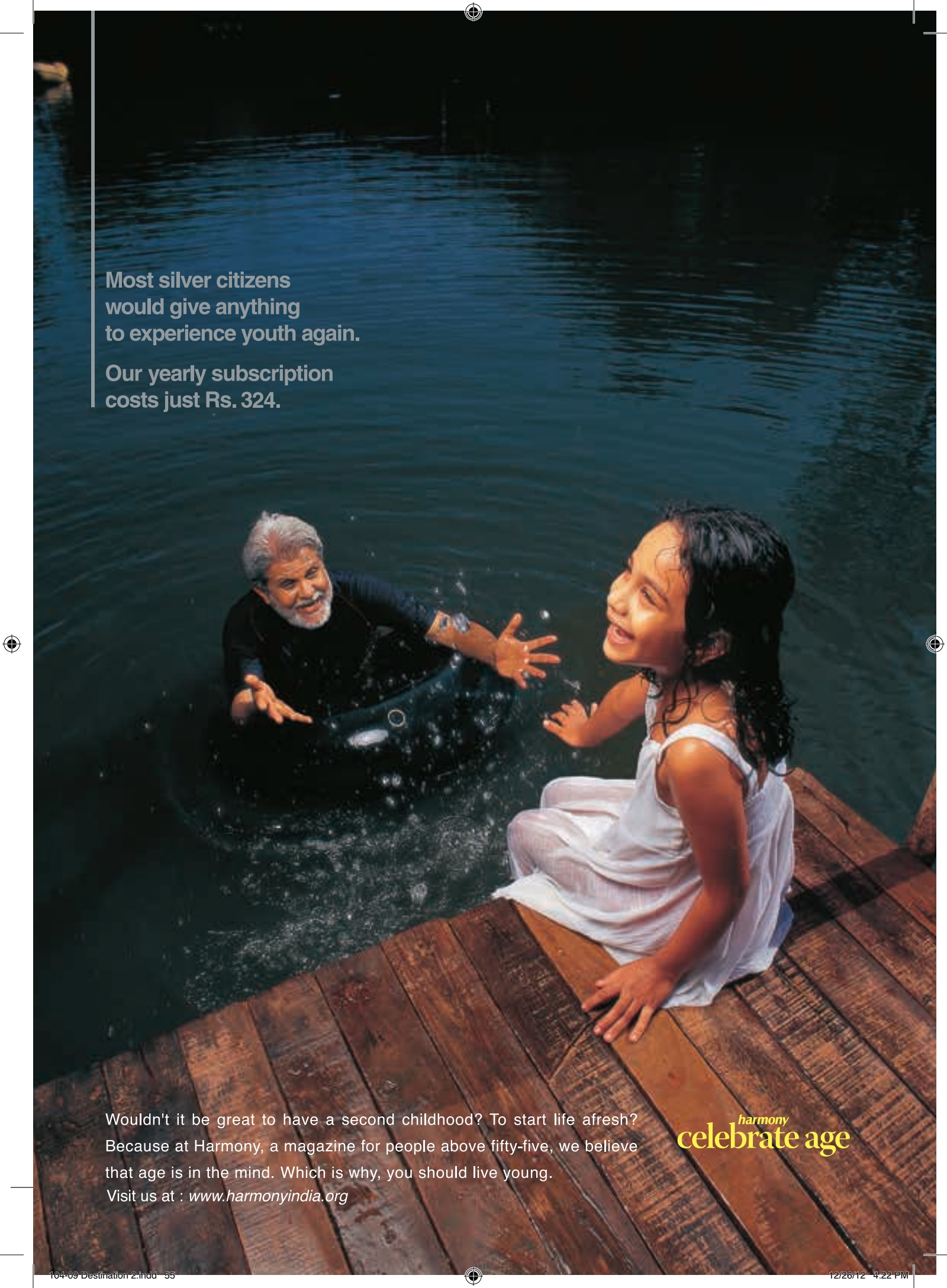
Chandernagore's French connection can still be found in the various old buildings scattered around the town but French architecture is not the only attraction of the town. There are two beautiful temples with typical Bengal architecture—Nandadulal Temple and another terracotta



THE GT ROAD

GT Road is easily the most thriving historical 'monument' in the country today. Everyone knows it was built by Sher Shah Suri in the 16th century to connect the subcontinent's east with the north. But there is enough evidence on the route to suggest that this road was originally in existence even during the Mauryan Empire in 3rd Century BC and that Sher Shah Suri rebuilt it. The unique aspect of GT Road is that it is perhaps the only manmade structure that has endured for such a long time in India and still continues to do exactly what it was meant for originally: carry people. While our countless old forts and palaces are mostly museums now, GT Road continues to be a road—an integral part of the towns through which it travels. However, this status is changing fast; the Golden Quadrilateral has already made parts of the road history. Right now, it is alive only when it goes through old towns like Chandernagore, Varanasi or Agra. The rest of the way, it merges with the new road. Soon people will forget which was the original GT Road and which one the new road. Indeed, this is the fate many heritage routes met with in America, notably Route 66, the iconic 'Mother Road'.

temple with nine pinnacles near Buroshivtala—that are worth seeing. What's more, near the Strand you will see the building Patal Ghar, well known for being a favourite holiday destination of Rabindranath Tagore; the first floor of this river is submerged in the river. If time permits, you can go further up the GT Road towards Bandel, with its famous Portuguese church. But we'll leave that story for another day. ✨

A photograph of an elderly man with a grey beard and a young girl with dark hair playing in a pond. The man is in the water, wearing a dark shirt, and the girl is sitting on a wooden dock, wearing a white dress. They are both smiling and looking at each other. The water is dark blue and the dock is made of wooden planks.

**Most silver citizens
would give anything
to experience youth again.**

**Our yearly subscription
costs just Rs. 324.**

Wouldn't it be great to have a second childhood? To start life afresh?
Because at Harmony, a magazine for people above fifty-five, we believe
that age is in the mind. Which is why, you should live young.
Visit us at : www.harmonyindia.org

harmony
celebrate age



Subscribe to Harmony Magazine now and get a

MOVIE DVDS



Subscription Card

(Please tick below for your choice of subscription)

☐ I would like to gift a subscription **OR**

☐ I want to subscribe to HARMONY

Subscription	You Pay	You Get
<input type="checkbox"/> 2 years (24 issues)	₹ 576	Movie DVDs hamper worth ₹ 250
<input type="checkbox"/> 1 year (12 issues)	₹ 324	Movie DVDs hamper worth ₹ 125

Please fill in **CAPITAL LETTERS** and mail the form below with your Cheque / DD to Harmony Care, Living Media India Limited, A-61, Sector, 57, Nodia (U.P.) - 201301. In case of Credit Card payment you may fax the form to : 0120-4078080.

Personal details: Mr/Mrs. _____

Address _____

City _____ State _____ Postal Code _____ Country _____

Phone _____ E-mail _____

I wish to pay by: ☐ Cheque ☐ Demand Draft

I am enclosing Cheque / DD No. _____ dated _____ drawn on (specify bank) _____

made payable to **M/s LMIL-A/C Harmony** for ₹ _____

(Add ₹ 10/- for non-Delhi cheques) or please charge to my Credit Card.

☐ Amex ☐ Visa ☐ Master Card ☐ Diners

Card Number _____

Card Member's Name _____

Card Expiry Date _____ Month _____ Year _____

Card Member's Signature _____

Date of Birth _____ Date _____ Month _____ Year _____

I want to gift the subscription to (Please do not fill if subscribing for yourself):

Mr/Mrs/Ms _____ First Name _____

Last Name _____

Address _____

City _____ State _____

Postal Code _____ Country _____

Phone (Off.) _____ (Res.) _____

E-mail: _____

Website: www.harmonyindia.org For queries e-mail us at: harmonycare@intoday.com



SUBSCRIPTION TERMS & CONDITIONS: Rates and offer valid in India only. Allow 3-4 weeks for processing of your subscription. Free subscription gift will reach you within 8-10 weeks of commencement of your subscription. It will not be possible to entertain any request for cancellation of your subscription once your free gift has been despatched. The free subscription gifts are covered by guarantee for manufacturing defect/quality/damage in transit as per standards laid down by the manufacturer. Add ₹ 10 for non-Delhi cheques. Please write your name and address on the reverse of the Cheque / DD. Do not send cash. All disputes are subject to the exclusive jurisdiction of competent courts and forums in Delhi/ New Delhi only. The publisher reserves the right to terminate or extend this offer or any part thereof at any time, or to accept or reject any or all forms received at their absolute discretion without assigning any reason. Information regarding such cancellation / extension / discontinuance will however be published subsequently in the magazine. For further details, please contact our Customer Care Department: Write in to: **Harmony Care, Living Media India Limited, A-61, Sector-57, Noida (U.P.) - 201301; Call: (95120) 2479900 from Delhi & Fbd; (0120) 2479900 from Rest of India, Fax: (0120) 4078080; E-mail: harmonycare@intoday.com**

NOTE: The Harmony collects and processes personal information for the purposes of customer analysis, market research and to provide you with any further details from our organisation. Steps have been taken to ensure that consistently high standards of data protection are in place.

HM1/JAN 13/Mag

INSIDE
p62: Royal repast
p69: Rafi, once more

Etcetera

CULTURE ● LEISURE ● LIFESTYLE ● BOOKS ● MISCELLANY



Visitor from the past

'Mummies' are a legendary example of the ancient Egyptian art of preserving human bodies for centuries. An object of intrigue for everyone around the world, you don't need to go to Egypt to see one—they are, in fact, travelling to India. At an exhibition, *Mummy - The Inside Story*, being held at the Chhatrapati Shivaji Maharaj Vastu Sangrahalaya in Mumbai till 24 March 2013, you can meet the 2,800 year-old Mummy of Nesperennub, a high priest in the temple of Karnak, a village on the bank of the Nile. After you've said hello, check out the rare artefacts from the Egyptian collection of the British Museum and 3-D shows explaining the process of mummification.



harmony celebrate age january 2013 57



Shyamola Khanna

Centrestage

Seema Azharuddin tells **Shyamola Khanna** that she can't imagine her life without theatre

From the feisty Martha of *Who's Afraid of Virginia Woolf?* to the melancholic Blanche du Bois of *A Streetcar Named Desire*, 54 year-old Seema Azharuddin channels legendary actors like Elizabeth Taylor and Vivien Leigh with ease. Through her charismatic theatrical monologues, you can see that her passion for acting and theatre runs deep. Her achievements—since she founded her production house Kartall in 2010—are up on stage for all to see, giving Hyderabad some of the finest international stage shows the city has witnessed.

With a short film (*Ammulu* in Telugu), two Broadway theatre productions and a Telugu feature film ready to be released, Azharuddin is already set for the next big pro-

duction. She will soon stage a magnum opus, a tribute to Shakespeare—her “God”—on the occasion of the Bard’s 500th anniversary. What keeps her ticking? “As long as you are passionate about things you love, there is vitality and energy flows. The day that passion dies, your verve for life dies with it. The key is to hold on to things you value. For me, it is theatre and cinema.”

THEATRE

With an Assamese mother and Hyderabad Muslim father, Azharuddin was “brought up as a Catholic” as she studied in a boarding school. Even as a child, she knew she wanted to be a performer. Though her attempts to get on stage were vehemently opposed by her parents, she went on to acquire a master’s in theatre from Columbia University

along with her management studies. "It was more than 30 years ago and does not matter any longer. I cannot even apply the learning to present times."

Long before she returned to Hyderabad, she dabbled in theatre in the US and immensely enjoyed the experience. After returning home in 2009, the actor in her willingly turned into a film producer and director. In her second tryst with Hyderabad, she got all that her heart desired and "more". The tremendous responsibility of getting the franchise for two 'hall-of-fame' Broadway productions has also made her conscious of quality production. She admits that this phase of her theatre life has been "more fulfilling, more creative and nurturing" as she now understands team work—"It's far more than the entry and exit after your role!"

Azharuddin is delighted to share her accolades with her dynamic director, partner and soul mate, Dr Krishnamurthy Srinivas Iyengar, fondly known as KSI. A medical practitioner whose only passion in life is theatre, KSI speaks, reads and writes Tamil, Telugu, English and Hindi as easily as he delivers his lines. Though Azharuddin leads a hectic life, she takes time out to go for walks with the other great love of her life: Forrest, a two year-old Great Dane. He settles in on the dining table as we chat over a cup of coffee.

As for theatre, Azharuddin's venture for 2013 is her version of *Devdas*, the story of unrequited love immortalised by Sarat Chandra Chattopadhyay and made into movies in almost all Indian languages. But then Azharuddin being who she is, her vision will be different and grand! Her plan is to get Madhuri Dixit and her troupe of dancers to perform at Chowmohalla Palace. Way to go!

RAY LOST

SEVERAL OF INDIA'S PRECIOUS TREASURES, ARTS AND CRAFTS FIND PRIDE OF PLACE IN MUSEUMS AND COLLECTIONS ABROAD. AMONG THESE ARE

SATYAJIT RAY'S ORIGINAL SCREENPLAY AND DRAWINGS OF HIS CLASSIC *PATHER PANCHALI*, WHICH HAVE BEEN HOUSED AT THE CINÉMATHÈQUE FRANÇAISE IN PARIS. UNFORTUNATELY, THESE HAVE GONE MISSING, WHICH HAS COME AS A RUDE SHOCK TO INDIA. THE KOLKATA-BASED 'SOCIETY FOR THE PRESERVATION OF SATYAJIT RAY ARCHIVES' HOPES THE TREASURE—HANDED OVER PERSONALLY BY THE FILMMAKER TO THE INSTITUTE FOR SAFEKEEPING—IS ONLY MISSING AND NOT STOLEN. A COUPLE OF MONTHS AGO, WHEN A GERMAN DOCUMENTARY FILMMAKER SENT A REQUEST TO THE SOCIETY TO VIEW THE SCREENPLAY FOR A FILM SHE WAS MAKING ON RAY, SHE WAS DIRECTED TO THE PARIS INSTITUTE. IT IS THROUGH THIS CIRCUITOUS ROUTE THAT INDIA DISCOVERED THE LOSS, WHICH RAY'S SON SANDIP IS PLANNING TO TAKE UP AT THE BUREAUCRATIC LEVEL.



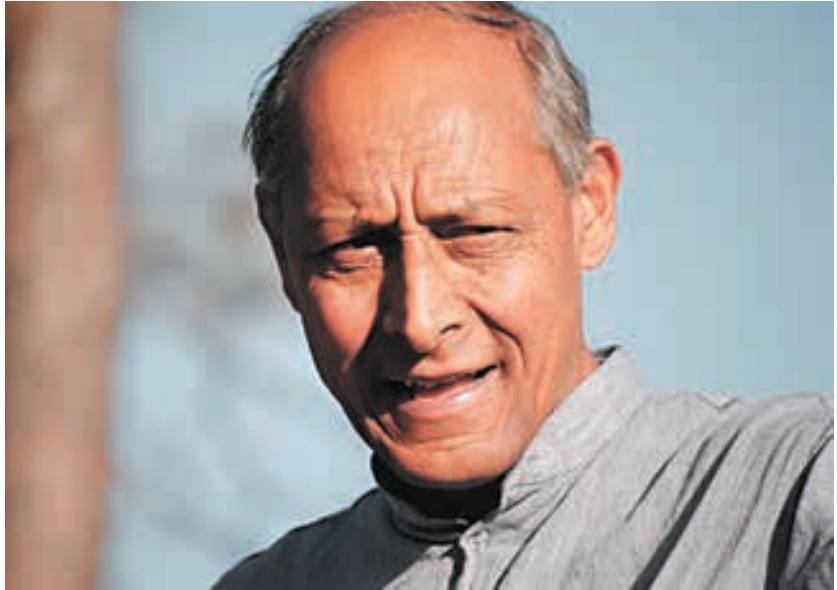
FAMOUS 50

Half a century ago, all you needed to spot your favourite actor was pretend you were having coffee at Sun 'n' Sand, the only happening hotel in Bombay's suburbs at the time. And then when you did see Mumtaz or Rajesh Khanna, you could dump the coffee and make a dash with your autograph book. The Sunset Room at the hotel has witnessed scores of such incidents and thousands of fans making a beeline for a glimpse of their favourite actor. Today, 50 years later, it's nothing short of Bolly-lore. It's said the land on which it stands was originally meant for bungalows; in fact, legendary actor Saira Banu's mother bought the first bungalow plot. Then, Jack Voyantzis, the Greek owner of Ambassador Hotel, suggested building a hotel instead. Saira Banu's mother's money was refunded and in November 1962 Juhu had a swank address; one where actors relaxed by the poolside when they were not shooting pool scenes here for their movies. While the Sunset Room stays as famous as it was then, the hotel—to celebrate its evergreen status—has re-launched its bar with a new name, Beach Comber. But where are the fans?



The Himalayan seeker

Scholar and author Ram Chandra Guha calls him a *ghummakkad* (wanderer). Not without reason. Respected as an authority on the daunting and diverse Himalayan region, 62 year-old Padmashri **Shekhar Pathak** has dedicated his life to the pursuit of knowledge of the region's people, their ethnicity, customs and traditions. Dr Pathak's single-minded preoccupation has been to save the threatened areas through indigenous development. In a rendezvous during the Mussoorie Mountain Festival in 2012, Dr Pathak spoke to *Harmony-Celebrate Age* about the reasons behind his mountain *yatra*, his research and Pundit Nain Singh Rawat.



Why do you want to pursue the mountain *yatra*?

I have always maintained that journeys make us realise how small and common we are; it remains a fact that the Himalaya is so huge that it can only be known through journeys. I also believe that the *yatra* will eventually lead to knowing oneself. Many more are in the pipeline, beginning with one in 2013 to Nanda Devi, followed by another to Askot.

What was behind this passion?

This first-hand experience brought home the realisation that though some villages might have been better off in several aspects of progress, those located in the innermost parts of the Himalaya are far removed from development, democracy, and infrastructure. I decided to stay in the hills. I began teaching here and never applied for a job anywhere else.

What are the parameters you focus on during your research?

Besides chronology, history also comprises a large amount of social diver-

Pathak: On a journey called life

sity. To provide an objective purview of any of its aspects, one needs to tread carefully into the social dynamics of that era; otherwise, one will only be able to lend a single dimension to investigation and it may not be accurate, keeping the dateline of a period in history in mind. For comprehensive and authentic study, one uses vernacular sources, archival material, folklore, personal memoirs, travelogues, oral traditions; and to sieve everything, one needs an eye for it. One can sieve all these parameters through a historian's cap only by separating oneself from the matter at hand.

What ignited your fascination with Pundit Nain Singh Rawat?

When I was an MA student at Almora campus, one of my classmates was the great grandson of Pundit Nain Singh Rawat. Often, we prompted him to write about his ancestor. Being a quiet person, one day he hesitantly did a two-page write up on Rawat. I was aware of the name but not much

about the fame and framework of Rawat's work in history. I researched further and revised my friend's article and got it published. It was the first piece to be featured in the public domain about Pundit Nain Singh Rawat, who was known for his extensive and arduous travels and survey in Tibet and southern parts of Russia. For his valuable contributions to discoveries, he was awarded the prestigious Companion of Indian Empire and received a Royal Geographical Society gold medal in 1876. He mapped the trade route through Nepal to Tibet, mapped the location and altitude of Lhasa for the first time, and mapped a large section of the Tibetan river Tsangpo.

How do you continue to keep the passion for your work alive?

I took premature retirement from university affairs in 2007. At 62, though, I continue with my expeditions into the mountains with the same fervour and commitment simply because I believe in what I do.

—Suparna-Saraswati Puri

For Us Every Life Is Precious



Kokilaben Dhirubhai Ambani Hospital is designed to raise India's global standing as a healthcare destination, with emphasis on excellence in clinical services, diagnostic facilities and research activities.

With state-of-the-art infrastructure, cutting edge technology and **Full Time Specialists**, our system ensures the best outcomes for our patients.

We are an Institution that offers **comprehensive healthcare services under one roof**, creating a platform for transparent patient-centric care where every life, indeed, matters.



Kokilaben Dhirubhai Ambani
hospital & medical research institute

Every Life Matters

A social initiative by
RELIANCE

Four Bungalows, Andheri (W), Mumbai - 400 053, India; Tel.: (91-22) 30666666 / 30999999 / 30696969
For Appointments SMS 'KDAH' To 55454
Web: www.kokilabenhospital.com; [f/KokilabenHospitalMumbai](https://www.facebook.com/KokilabenHospitalMumbai); [i/KDAHMBombay](https://www.instagram.com/KDAHMBombay)

Fit for a **KING**

Did you know that Emperor Akbar, though known to be a frugal eater, was served 40-course meals daily in grand dishes? And that Nawab Shuja ud Daula of Awadh and his wife Bahu Begum's meals were prepared in six different kitchens? Indeed, the way to many a king's heart was through his tummy. Relationships were forged and deals signed in royal dining rooms. Food was not just a way to celebrate tastefully but an opportunity to engage in peaceful politics. Let us embark on a culinary journey into some of India's royal kitchens for a glimpse into their cuisines and the fascinating tales behind them. Courtesy, *Dining with the Maharajas: A Thousand Years of Culinary Tradition*, by Neha Prasada and Ashima Narain (Roli Books; ₹ 4,000)





(Previous page) As dusk falls, Lake Pichola comes alive with the light of myriad lamps set ablaze in all the palaces owned by Shriji Arvind Singh Mewar, including the famous Lake Palace

(Top) Raja Randhir Singh's youngest granddaughter Sia digs into *khatta meetha pulao* served by masters of Patiala recipes; *shahzadi* Naghat Abedi of Rampur enjoys a meal served in the English crockery collection of her mother





Esra Jah and her daughter Shekyar Jah,
against the backdrop of the famous
101-seat dining room at the
Falaknuma Palace, Hyderabad



(Top) The head of the Rathore clan discusses state affairs over a traditional meal; a luncheon being held in traditional style at Sultanpur Lodi (Punjab) in February 1941



66 harmony celebrate age january 2013



(Clockwise from top left) A table set with silver cutlery surrounded with bougainvillea blooms from the Umaid Bhawan Palace gardens, Jodhpur; Pradyut Bikram Deb of Tripura enjoys a local rice wine called *chuwak* along with his meals; the Awadhi style of the *dastarkhwan* in Mahmudabad involves the entire family eating together seated on the floor; for Dr Karan Singh, regent of Kashmir, Dogri delicacies are a firm favourite

Born again

In this extract from the essay *The New Year*, which appeared in the January 1887 issue of Harper's Monthly, George William Curtis (1824-1892) challenges conventional ideas about youth and age. Curtis was one of the founders of the Republican Party and the editor of *Harper's Weekly*

In Germany on *Sylvesterabend*—the eve of Saint Sylvester, the last night of the year—you shall wake and hear a chorus of voices singing hymns, like the English waits at Christmas or the Italian *pifferari*. In the deep silence, and to one awakening, the music has a penetrating and indefinable pathos:

*Strange was the music that over me stole,
For 'twas born of old sadness that lives in my soul.*

There is something of the same feeling in the melody of college songs heard at a little distance on awakening in the night before Commencement. The songs are familiar, but they have an appealing melancholy unknown before. Their dying cadences murmur like a muffled peal heralding the visionary procession that is passing out of the enchanted realm of youth forever. So the voices of Sylvester's Eve chant the requiem of the year that is dead. So much more of life, of opportunity, of achievement, passed; so much nearer age, decline, the mystery of the end. The music swells in rich and lingering strains. It is a moment of exaltation, of purification. The chords are dying; the hymn is ending; it ends. The voices are stilled. It is the benediction of Saint Sylvester:

*She died and left to me...
The memory of what has been,
And nevermore will be.*

But with the earliest ray of daylight, the exulting strain begins—Long live the King! The bells are ringing; the children are shouting; there are gifts and greetings, good wishes and gladness. "Happy New Year! Happy New Year!" It is the day of hope and a fresh beginning. Old debts shall be forgiven; old feuds forgotten; old friendships revived. Today shall be better than yesterday. The good vows shall

be kept. There shall be more patience, more courage, more faith; the dream shall become life; today shall wear the glamour of tomorrow. Ring out the old, ring in the new!

The relentless punctuality, the unwearied urgency, of old Time, who turns his hourglass with such a sonorous ring on New Year's Day, seems sometimes a little wanting in the best breeding. It furnishes so unnecessary a register. The slow whitening and thinning of the hair; the gradual

incision of wrinkles; the queer antics of the sight, which holds the newspaper at farther and farther removes, until at last it is forced to succumb to glasses; the abated pace in walking; the dexterous avoidance of stone walls in country rambles; the harmless frauds lurking in the expressed reasons for frequent pauses in climbing a hill to turn and see the landscape—all these surely are adequate reminders and signs of the sovereignty of Time. Why should he be greedy of more? Why thump and rattle at the door, as it were, on the first of January, and bawl out to the whole world that we are a year older!

Since we cannot stop the flight of Time, let him pass. But he must not calumniate as he passes. He must not be allowed to stigmatise

vigour and health and freshness of feeling and the young heart and the agile foot as old merely because of a certain number of years. This is the season of good resolutions. The New Year begins in a snowstorm of white vows. So be it. But let our whitest vow be, after that for a whiter life, that age shall no longer be measured by this arbitrary standard of years, and that those deceitful and practical octogenarians of thirty shall not escape as young merely because they have not yet shown the strength to carry threescore and ten with jocund elasticity.

Then Happy New Year shall not mean Good-night, but Good-morrow.





Rafi, once more

In a career spanning 35 years, Mohammed Rafi, one of the greatest Indian playback singers of all time, captured different nuances and moods, singing everything from classical numbers to patriotic, romantic and sad songs. **Yasmin Khalid Rafi,**

who moved from being a Rafi fan to his daughter-in-law, brings the focus back on the king of melody in *Mohammed Rafi: My Abba – A Memoir* (Tranquebar; ₹ 250; 190 pages).

You've known Mohammed Rafi at close quarters. How was he as a person?

Abba was a man of very few words and didn't enjoy attention. Quite frankly, I don't think he ever realised how big a celebrity he was! *Abba* loved cars. His favourite was a parrot-green Fiat, in which he drove around Mumbai. He also enjoyed simple, home-cooked food. *Abba* also enjoyed perfume and indulged in new gadgets. He was Zen-like and detested those who were argumentative.

You mention in the memoir that Rafi saab didn't want any of his sons to pursue singing. Why?

Abba truly believed he had God's blessing. However, he went through a lot of struggle to accomplish his dream. I don't think he wanted his children to go through that. Moreover, none of his children exhibited any true passion or talent for singing.

Of all the actors he sang for, with whom did he feel a special bond?

He never mentioned a favourite because he gave his 100 per cent, regardless of the actor he sang for. However, the consensus was that his voice was very well suited to Dilip Kumar *saab* and Shammi Kapoorji. In fact, Shammiji would make it a point to be present in the recording studio whenever a song was being rehearsed. He would listen to every movement and variation with total absorption as *abba* sang. He would even say, "Rafi bhai! I will act the way you are singing." When *Dil ke jharoke mein tujhko bitha kar* (*Brahmachari*) was being rehearsed, it was Shammiji's suggestion that *abba* sing it in a single breath.

Though Rafi saab declined to support the fight for royalties for singers, did he ever regret the decision?

My husband Khalid mentioned to *abba* several times that he should have taken royalties for his film songs. Though *abba* did understand the implications much later, he didn't want to go back on his word. But the agreements for some of his private songs did mention the royalty clause.

The issue of royalties was at the core of the differences with Lata Mangeshkar. Was there any resultant bitterness?

It was only for a handful of years that they did not sing together, but preferred to sing with other artists. While Lataji sang with Mahendra Kapoor, *abba* sang with Suman Kalyanpur. *Abba* never held grudges against anyone; he believed in forgiving and moving on.

Of course, the breakup of the dynamic partnership between *abba* and Lataji was a great loss for the film industry and for music lovers.

Was there a letter of apology from Rafi saab over the issue, as Lata Mangeshkar claimed in a recent interview?

As far as I know, an apology letter was never written. However, when music composer Jaikishan (of Shankar Jaikishan fame) initiated reconciliation, *abba* was very happy to oblige without any hesitation; he even took a bunch of flowers for Lataji.

What was the equation between him and Kishore Kumar?

They had mutual respect for each other. Of course, Kishoreji knew that *abba* was a senior artist and had reached a pinnacle that was difficult to climb. Such was the beauty of their relationship that *abba* also sang for Kishoreji in some movies that he acted in!

Many singers, including Sonu Nigam, have adopted Rafi saab's singing style.

Once *abba* said, "Aane wali nasle meri music ke waris hon-gi" (The coming generations will be the inheritors of my music.) Whether it is Sonu Nigam or another artist, *abba* was unique and there cannot be any one of his stature.

—Sirekha Pillai

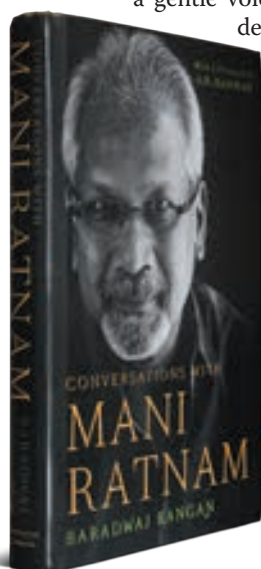


AUTHORSPEAK

Between the lines

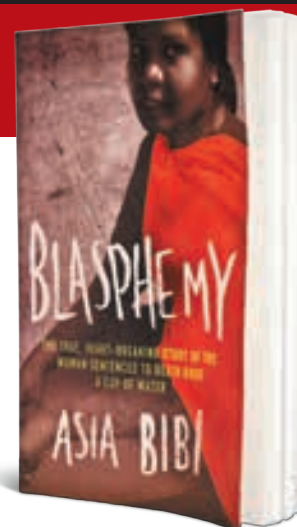
If you've wanted to go behind the scenes and wander about the sets of a Mani Ratnam film, **CONVERSATIONS WITH MANI RATNAM** (Penguin; ₹ 799; 326 pages) is the book for you. In this series of rare, candid chats with author **Baradwaj Rangan**, the iconic filmmaker from Tamil Nadu discusses why he made the choices he made, what went into those iconic shots, and how he has shaped and has been shaped by the people he worked with. Written in easy-to-read dialogue form, the author manages to tease out golden nuggets about some of the best-loved and most recognisable films to ever come out of South India and yet remain in the background,

a gentle voice that encourages, prods and even debates but is never abrasive. Peppered with sepia-toned photographs that bloom into colour halfway through, the reader is taken back in time and reintroduced to Kamal Haasan as a young man (*Nayakan*, 1987), a 23 year-old Aishwarya Rai playing an innocent rural belle (*Iruvar*, 1997), and even Shah Rukh Khan like he has never been seen before or since (*Dil Se*, 1998). With a heartfelt introduction by music composer A R Rahman and a note by the subject himself, the book offers insight not only into the remarkable films but the remarkable humility of the man.

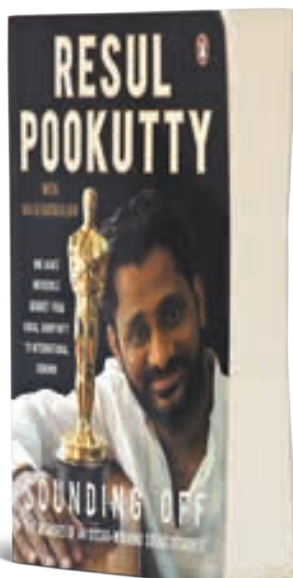


A young Christian mother of five has been sentenced to death and confined to a dark, dingy, tiny windowless cell in Pakistan. Her crime: drinking water from the same cup as her Muslim compatriots on a hot sweaty day when the mercury hovered around 45° Celsius.

A heart-wrenching tale, **BLASPHEMY** (Hachette, ₹ 350; 137 pages) takes you into the vortex of the Pakistani legal system, which is still governed by archaic laws such as the Blasphemy Law, under which a person can be hanged to death for speaking ill about the Prophet. More often than not, this law is misused for settling personal scores, as has been the case with **Asia Bibi**, whose Muslim neighbour had an issue to pick with her. Written with the help of a French journalist, **Anne-Isabelle Tollet**, Asia Bibi's account shakes you out of your smugness to think about the injustice meted out in the name of religion. The Muslim Governor of Punjab Salman Taseer and Pakistan's Christian Minister for Minorities Shahbaz Bhatti had to pay with their lives for standing up for Bibi. Under threat from vengeful extremists, Bibi's family had to flee their village. Many have spoken up for her, including the Pope, yet three years on, Bibi is no closer to freedom. Brutally shocking, this muffled cry of a woman, wrongly accused of blasphemy and uprooted from her family and home, is too heartbreaking to be ignored.



By the time you get halfway through **SOUNDING OFF: THE MEMOIRS OF AN OSCAR-WINNING SOUND DESIGNER** (Penguin; ₹ 399; 416 pages), you will feel like you have known **Resul Pookutty** for years. You will be familiar with the quirks and mannerisms of his siblings and his closest friends. You will have a mental image of the powerless village where he grew up, the curve in the road on which his home is situated, the large rock opposite and the open ground beyond. By the time you're halfway through, you will have laughed with him—his humour is subtle, delightful and very wry—and cried with him. And his account of his parents' death will have you reaching



for the phone to call your own. It is that rare breed of autobiography that gives you a wide open road into the heart of a man seemingly unchanged by fame. As such, it makes for a fascinating bildungsroman account and an intriguing psychological study—as all autobiographies ought to be. How does a child fascinated with a certain area (in this case, sound), stumble unknowingly into just the right places, figure out how to blend that interest and aptitude with sheer grit and hard work, and end up winning the most glamorous international award available in his field of work? And then, how does he navigate his way back home? Read this book for the answers.

A lesson in geography

Land of the Seven Rivers

By Sanjeev Sanyal

Penguin/Viking; ₹ 499; 331 pages

In a political environment rife with ideological dogma, pretty much anything is a weapon—art, books, faith, language, ideas, identity, history, even geography, no matter how shared it is or might have been. Indeed, for a nation like India, whose existence spans centuries, the weight of such a history and geography can often become an albatross. Into such a bilious world, then, Sanjeev Sanyal introduces his latest work of non-fiction: *Land of the Seven Rivers: A Brief History of India's Geography*.

In a narrative that has a grander, more ambitious arc than any other recent book of Indian civilisational history I have come across—with the exception perhaps of *Ananya: A Portrait of India*; but that is a collection of essays—Sanyal questions long-held chestnuts about India and its evolution, even as he establishes that Indian civilisation has a much longer geographical, historical and cultural provenance than our history books care to concede.

He is also likely to ruffle a few feathers, especially those of the Romila Thapar school of persuasion, with his systematic, well-researched demolition of the Aryan invasion theory. Sanyal leaves few holes in his argument, stepping fleet, but sure-footedly from genetics to geology, scripture to archaeology and linguistics, to show that the earliest sub-continental settlements were, in fact, 100 per cent local and that the Harappan Civilisation died not at the hands of fair-skinned marauders sweeping down from Central Asia but from the changes that India's changing geography wrought; namely, the drying up of the mythological Saraswati river.

Instead, he posits, any migration at the time happened from the east to the west, and not in the reverse direction, pointing to similarities between the language of the Persian religious text of the *Ahura Mazda* and Rig Vedic Sanskrit, and even the cultural identity of the early Persians who may have fled to western parts. Sanyal also uses modern genetics to show that all of India's population is one large chromosomal mash-up (with the sole exception of the Andaman tribes) and that there is really very little basis for differentiation between the so-called Aryan northern India and Dravidian southern India.

Non-fiction can be difficult to structure, primarily because history often prefers to be linear. Given the multiplicity of

perspectives, any such book faces the dilemma of storytelling: Where to start, where to stop and how to reconcile the varying points of view without losing one's objectivity. In this case, as the author says, "To understand India, we must go back to the very beginning", which here is the movement of the planet's tectonic plates. Sanyal's storyline is sharply plotted by a series of key stressors in each period of India's development. Starting with 'Genetics and Tectonics', to the 'People of the Lost River', and the later 'Trigonometry and Steam', the author names his chapters after major geopolitical developments in the subcontinent and their consequent effect on history. This creates a narrative that lets the author link back wherever needed without losing momentum.

The book itself is moderately thick, but reads at a furious pace as it races across thousands of years and millions of miles, crisscrossing a subcontinent that in the first millennium AD accounted for a third of the world's gross domestic product.

A key lesson here is that the decline of great civilisations such as India's is the result not of invaders breaking down our doors but the closing of our own minds. While early Indians were inveterate travellers and traders, exchanging ideas and knowledge with the rest of the known world, they gradually retreated—a case in point being the much-later stigma against crossing the seas—and failed to keep pace with technological changes around the world. Indeed, Sanyal suggests that European dominance was made possible more by the advancement of cartography than anything else. We may be seeing a slight revival of that adventurous spirit in

our diaspora; at home, rural-to-urban migration is rising but our minds remain petty as we squabble over religion and caste.

Painstakingly, he also establishes how, despite centuries of changing geographies and dynasties, the greatest rulers of this land have sought to create their legacies by inserting themselves into India's contiguous history, of linking themselves with symbols from the (often distant) past. Indeed, it is this idea of a contiguous history spread over a disparate geography that has helped India surmount centuries of oppressive rule as each leader sought to become part of that history. India has been knocked down and has picked itself up and rejuvenated and carried on through the millennia, without once losing its collective memory. As long as we sing of the Saraswati then, perhaps there is hope.

—Tanmaya Kumar Nanda





The next CHAPTER

Having ridden the punches of life, **Srikumar Sen** is ready to find new words

Time and life dealt me a good hand. Not a Royal Flush perhaps, but as good as one, so far as I am concerned. My wife, Eileen, and I have been together for 60 years and our three children and their families and three grandchildren have always been there for us. That is why I had the wellbeing to return to writing at 77, seven years after retirement, and carry on writing to 80 to finish my first novel, *The Skinning Tree*.

It was 48 years ago, when I was working in India, that I first thought of writing the novel. It was not called *The Skinning Tree* then. There were only shoots of ideas that had germinated when, after being away in London for nine years, I returned to Kolkata with my wife and went to see my grandmother's house in Park Circus, where we had lived as a joint family, my mother, father, my brother and I and two uncles. The house had been sold long ago, after my grandmother's death, but the place was just the same: the iron gates, the garden on the left, the big old red Victorian house on the right and through the iron gates I could see the second house where the kitchen and *bhandar* were and the flat above. Downstairs used to be my grandfather's consulting room and we all lived upstairs. Memories of my childhood came back and I remembered how I used to play imaginary games in the garden and in the drive between the front and back gates. From behind the gates I had seen the world go by. I wanted to write what that boy saw. But I never got past making notes in the 10 years we lived in Kolkata.

In 1965 we decided to return to London to be with my mother, who was living there alone after the death of my father and for Eileen to see her mother, who was coming from South Africa to London. They had not met for 10 years because Eileen had turned her back on the South Africa of apartheid where she had grown up. In the move, the novel remained just an idea and in England, I had even less time than in India to do anything about it. I neither had a strong enough urge to take on a task about which I knew little or nothing nor did I want to subject my family to the rigours of a struggling writer's life. I got a job as a subeditor on the

From behind the gates
I had seen the world go
by. I wanted to write what
that boy saw

sports desk of *The Times*, where I had been a trainee after leaving university. Money was coming in every month and the book remained an unattainable dream for 43 years. But when I was promoted to boxing correspondent and left the desk to work outside, the very act of writing brought the novel to mind again, especially when I was looking out of a window travelling on a train or a plane.

I was the correspondent of the paper for 15 years and I know now that it was because of the experience gained in those years that I was able to keep on writing when I retired and take on the novel at last. The act of writing

to a deadline gave me the strength to face the laptop whether I wanted to or not. Also, in those boxing writing years I not only had the privilege of working alongside some of the great British and American sportswriters but also had the good fortune to meet a famous literary figure, the novelist and boxing authority, Budd Schulberg. In the presence of such notables, the boxing world became a source of inspiration for me. It was a hard side of life that covered every aspect of human struggle, success and failure, even death, all happening in some of the richest and poorest parts of the cities of the world, from the barrios of Mexico to the grand hotels of Las Vegas. I remember Mike Tyson saying once when he was the world champion and a multimillionaire, "If a rat came out of a sewer it would recognise me."

That said it all. The language and humour associated with the game was never less than riveting and memorable. Everyone knows the "I coulda been a contender" line spoken by Marlon Brando in *On the Waterfront*, written by Schulberg. Who can forget Muhammad Ali's "Float like a butterfly, sting like a bee", or the great man's putdown of one of his opponents: "He has two chances, slim and none, and Slim's left town." And when Mickey Duff, the British promoter, was asked to find a contest for an ageing fighter, he replied: "He needs a fight like a moose needs a hat rack."

And so it went. Never a dull moment, never a shortage of quotes and wisecracks, so many that a colleague compiled a book of them. For me, it was



Sen (extreme right) with colleagues at the World Boxing Championship in 1995

a learning world controlled by deadlines with no time to think. Which once prompted a British colleague sitting under a swimming pool umbrella at Caesar's Palace, drink in hand, to exclaim "Sri, this would be a great job if only we didn't have to work!" If only. If only we didn't have to phone in our reports on the final bell, endure that mad scramble to find the words to describe 15 rounds of action and drama. Failure to find the words in time for the edition would leave a hole in the paper and leave you in a hole big enough to bury you with some well-chosen words piled on top. We were at Caesar's Palace to cover Barry McGuigan's defence of his world featherweight title against Steve Cruz of the United States in June 1986. The heat was unbearable in the ring and the Irishman lost his title. Thankfully, I survived the heat and words ordeal with the help of ice cubes under my

sun hat and lived to write on boxing for *The Times* for many years.

Life was seldom slow or lacking in drama: once a self-propelled flyer swooped out of the night sky into the middle of a fight between Evander Holyfield and Riddick Bowe; then there was the time Tyson bit off a piece of Holyfield's ear; on three occasions, riots broke out after championship fights in London, Birmingham and New York. Time was not on your side then and, strangely, now that I have all the time I need to find words, it is still not on my side. But I am thankful that I managed to ride the punches of life to reach 81 and complete the novel, which came out in December 2012. Thanks to the National Health Service and the pension from *The Times* and the state, I have few health or financial worries and have the freedom to get on with my second novel.

Outside, the gloom of the British winter can be depressing. So it doesn't take much will power on my part to shut myself up in my study, small enough to benefit from the radiator by the window and keep my thoughts from flying away. The words are still elusive, though not because of deadline pressure but age. But I don't mind; they turn up. Once the writing page comes up on the laptop and I start working, regardless of whether the words are good, bad or indifferent, the grey skies outside are no longer there. I am in my own world. When I was small, I imagined England was the forever sunny land of the comics I bought from the comicwallah. Now the view is reversed. The sunny land is India and I see it and hear the sounds, if only on the page, clear as the tattoo of a fighter's fists on a punch ball. Time certainly plays some mind games. I am grateful for that.

A former journalist, Srikumar Sen has turned author at 81 with *The Skinning Tree*. He lives in England

Present perfect

Through an interesting anecdote in his book *Buddhism Is Not What You Think*, Zen master Steve Hagen highlights the need to live in the present

The five precepts listed here are generally recognised by most Buddhists, though they're expressed in a variety of forms. They're not commandments but descriptions of the moral stance that would necessarily be taken by one who is on the path to Awakening.

- A follower of the Way does not kill.
- A follower of the Way does not take what is not given.
- A follower of the Way does not abuse the senses.
- A follower of the Way does not speak deceptively.
- A follower of the Way does not intoxicate oneself or others.

There are additional precepts in Buddhism as well. In all cases, however, if we are to think, speak, and act as moral agents, what we do must come out of wisdom and compassion—from seeing—and not from some structure imposed upon us.

There's a Zen story about a student who made a special point of keeping all the Buddhist precepts. Once, however, while walking at night, he stepped on something that made a squishing sound. He imagined that he must have stepped on an egg-bearing frog. Immediately he was filled with fear and regret, for the precepts include not killing.

When he went to sleep that night he dreamed that hundreds of frogs came to him, demanding his life in exchange. When morning came, he went back to the place the incident had occurred and found that he had stepped on an overripe eggplant. Suddenly his confusion stopped. From that moment on, the story says, he knew how to practise Zen and how to truly follow the precepts.

Like many people who practice Buddhism sincerely, this student erroneously thought of the precepts as a training manual or code of behaviour. Identifying himself as someone who had mastered this training and who could keep the precepts, he created all kinds of trouble for himself and for others. Although he could expound upon the precepts at length, when he stepped on something squishy in the night, his understanding of the precepts did nothing



To keep the Buddhist precepts, we simply must be here, immediately present with what's going on and not lost in thought or speculation. We need to see what's going on in this moment

ing to bring him peace or stability of mind. In fact, it did just the opposite: he needlessly tortured himself with guilt. The student's problem was that he thought he understood something that he didn't. He thought he had stepped on and killed a frog, but he hadn't. He also thought that he understood the precepts, but he was wrong here, too. In both cases, rather than honestly admitting and facing what he didn't know, he imagined he did know.

Because he had only an intellectual understanding of the precept against taking life, he was thrown into anguish. He had completely forgotten that in Reality he didn't know what he stepped on. And instead of living with that uncertainty, he made up an explanation for what happened—and made himself miserable believing it.

This story reminds us that if you hold the precepts in your mind, you don't understand them, for the precepts are not anything you can grasp or package up into concepts. To keep the Buddhist precepts, we simply must be here, immediately present with what's going on and not lost in thought or speculation. We need to see what's going on in this moment—including what's going on in our own mind.... In just such a moment—at the sight of a squashed fruit, at the sound of a pebble striking wood, at the sight of the morning star—any of us can awaken. Nothing holds us back but our thought.

Steve Hagen is the founder and former head teacher of the Dharma Field Zen Centre in Minneapolis. He has also published several books on Buddhism

WHERE ELSE
WOULD YOU FIND
SOMEONE ABOVE
55 YEARS
WHO'S PERFECTLY
IN TUNE WITH YOU?

HARMONY, OBVIOUSLY.

Cooking. Reading. Fitness. Whatever your interests are, you're sure to find a silver citizen who shares your passion. Thanks to One-On-One, our personal classified section. You can post your messages in our columns absolutely free (for a limited period only). For more details, please refer to the form on the next page.

ONE
-on-
ONE



Name of Advertiser:

Address:

Age: E-Mail:

Tel: Signature:

Tick chosen category

- | | | |
|---|---|--|
| <input type="checkbox"/> Travel | <input type="checkbox"/> Services | <input type="checkbox"/> Pet & Animals |
| <input type="checkbox"/> Hobbies & Interests | <input type="checkbox"/> Health & Sports | <input type="checkbox"/> Jewellery & Watches |
| <input type="checkbox"/> Entertainment & Events | <input type="checkbox"/> Computers | <input type="checkbox"/> Exchange |
| <input type="checkbox"/> Books & Music | <input type="checkbox"/> Antiques & Collections | <input type="checkbox"/> Others |

Please fill in the space provided below

Terms and conditions

1. Advertisers are required to read and approve the text and other details of the advertisement before sending the form.
2. The Publishers reserve the right to decline, change or reschedule any advertisement.
3. Advertisements are accepted in good faith and the Publishers accept no responsibility whatsoever regarding the bonafides of the Advertisers, not the contents of the advertisements. No interviews shall be granted or correspondence entered into regarding any advertisements published.
4. Under no circumstances will we be liable for any loss to the Advertiser for any error or omission by us.
5. The above conditions and any other conditions stipulated by us will govern the acceptance and publication of any advertisement.
6. One-on-One is a free readers service only for bonafide readers of Harmony.
7. Please fill up the enclosed form along with all the necessary details and mail it to: 'One-on-One', Harmony- The Magazine, Reliance Centre, 1st floor, 19, Walchand Hirachand Marg, Ballard Estate, Mumbai 400001.
8. Harmony shall not be responsible for any loss/delays in transit for the forms.
9. The offer is open for a limited period and is on first cum first serve basis.
10. No correspondence shall be entertained regarding non-publication of One-on-One.
11. Harmony reserves the right to modify/change the One-on-One received at their end.
12. Maximum number of words allowed per One-on-One is 30.
13. All forms should be sent by ordinary post only. No registered post or courier shall be accepted for One-on-One.
14. Only one entry per person shall be accepted.
15. Each entry should be in the original form printed in Harmony. No photocopies shall be allowed.

For office use only

- ☐ Advt. No. ☐ Heading ☐ No. of Words

La Gioconda

No woman's face has been appreciated, analysed, reproduced, discussed and deciphered as extensively as hers. Indeed, Leonardo da Vinci's *Mona Lisa* has held art lovers around the world spellbound for centuries with her enigmatic smile. Also called La Gioconda, the painting is thought to be the portrait of Lisa Gherardini, the wife of Francesco del Giocondo, a wealthy Florentine citizen, and is believed to have been painted between 1503 and 1506.

Since her acquisition by French King Francis I in the 1530s, the *Mona Lisa* has resided in the Musée du Louvre in Paris—although she has been on a vacation, so to speak, to the US! In 1963, then First Lady Jacqueline Kennedy, along with French Minister of Culture Andre Malraux, arranged for a special one-picture loan of the painting to the National Gallery of Art in Washington DC. Transported under heavy security, the painting was installed on a baffle draped in red velvet, and guarded around the clock by US Marines. A record 5 lakh people, including President John F Kennedy, his ministers and Congressmen, viewed the painting during its 27-day stint at the gallery.

Such has been the draw of the painting that it has provided immense fodder for caricature and reproduction among Surrealists and pop artists. For instance, in 1963, following the painting's US sojourn, Andy Warhol created multiple serigraph prints of the *Mona Lisa* called *Thirty are Better than One*. That said; there's no one quite like the original.



THIS MONTH, THAT YEAR: JANUARY 1963

- On 1 January, Osamu Tezuka's *Tetsuwan Atomu* (*Astro Boy*), Japan's first serialised animated series based on the popular Manga genre, made its debut on Japanese television.
- On 6 January, British musical *Oliver!*, based on Charles Dickens' *Oliver Twist*, was launched on Broadway.
- On 6 January, the Shah of Iran launched the White Revolution to end illiteracy, reform agriculture and industry, advance women's suffrage and nationalise forests.
- On 14 January, American poet Sylvia Plath published her first and only novel, *The Bell Jar*.

“Crave for a thing, you will get it. Renounce the craving, the object will follow you by itself.

— Swami Sivananda, spiritual teacher and yoga proponent

Word of post

n. Gossip and news spread by online posts, particularly via social media or blogs.

Example. We’ve known for years that word-of-mouth marketing has been partially co-opted by **word-of-post**, but the power of that lesson continues to impress when words like Grey (as in *Fifty Shades*) cease to instantly invoke Goose, sky or sweaters.

—Michael Humphrey, “Learning from *Fifty Shades of Grey*, Avon Books and Facebook tap social romance market”, *Forbes*, 16 October 2012

PREPPER

n. A person who goes to great lengths to prepare for an emergency caused by a natural or man-made disaster.

Example. Learning to grow your own vegetables and set aside seed to plant next year, to raise chickens, bake bread and make jam, to medicate yourself with aloe vera, knit a sweater, run a diesel engine on recycled cooking oil, collect rain or well-water, make your log cabin energy self-sufficient—to most of us these are innocent, even heart-warming, activities. To **preppers** these aren’t pastimes; they are skills needed for the dark days ahead.

—Denis Duclos, “Bullets, beans and band-aids: A growing subculture of **preppers** is getting ready for the end times”, *Pittsburgh Post-Gazette*, 25 November 2012

Lolbertarian

n. A libertarian whose views are so extreme as to invite mockery.

Example. I guess Reddit’s strong **lolbertarian** background is why they took so long to clamp down on child porn there?

—Jeff Attwood, “I guess Reddit’s strong...”, Twitter, 12 October 2012

Spectrumy

adj. Relating to a person or personality trait that falls somewhere on the autism spectrum.

Example. He is a developmental psychologist specialising in autism. His quiz was designed to detect autism and my score probably suggests I am **spectrumy**—to use a non-technical term—rather than a psycho.

—Nicholas Blincoe, “Zero degrees of empathy by Simon Baron-Cohen: Review”, *The Telegraph*, 25 April 2011

FAITHEIST

n. An atheist who respects or accommodates other people’s religious beliefs, or who attends religious services.

Example. Some days I just wish more people like Nietzsche were around. At least then the Church would have a worthy adversary, rather than the **faitheists** that now abound.

—Dan Paetkau, “Have your say”, *Winnipeg Free Press*, 25 March 2011

SMIDSY

adj. Describes an accident caused by the driver of a car failing to see a cyclist or pedestrian. [From the phrase, *Sorry, mate, I didn’t see you.*]

Example. Simon Best, IAM chief executive, said: **SMIDSY** moments are happening far too often, and very few people are prepared to take responsibility for their part in them. It’s always someone else’s fault. All road users need to be more aware of who they are sharing the road with, and the risks they present.

—Chris Knapman, “Drivers reminded to look out for vulnerable road users”, *The Telegraph*, 17 April 2012

Mistress

n. A man who has an extramarital affair with a woman.

Example. Not every woman is currently in pursuit of a white-picket fence lifestyle, relationship of permanence, children, mortgage and scheduled date nights," says Noel Biderman, founder and CEO of *AshleyMadison.com*. "Many women are seeking adventure, and on a service like ours encountering older sophisticated men with the same 'no strings attached' mentality that creates the perfect match. Also it is very evident that this is not just a female thing, there are an increasing number of single men on *AshleyMadison.com* connecting with married women...we refer to them as **Mistresses**.

—"Dubious website names Los Angeles topmost mistress city in nation", *Guardian Express*, 3 November 2012

Rooftopping

pp. Taking photographs from the roof of a building, particularly one accessed illegally.

Example. So long planking, and horsemaning—those trends are child's play compared to the new craze: **rooftopping**. Essentially, you get to a roof, go to the edge, look down, and snap a photo.

—Jen Carlson, "Vertigo-inducing trend: **Rooftopping**", *Gothamist*, 12 August 2011

Recreativity

n. Repurposing or remixing existing artistic works to create, in whole or in part, a new work.

Example. As a proponent of combinatorial creativity and remix as a tool of innovation, I am always fascinated by how famous creators think about inspiration, influence, and the origin of ideas, recognising their combinatorial nature—and how bystander critics often dismiss these creative transmutations with terms as derisive as **recreativity**.

—Maria Popova, "Transformation as authorship: From Igor Stravinsky to Philip Glass by way of Disney and Beck", *Brain Pickings*, 10 October 2012

Go fish!

BUZZ

Tighten the hook on a rod, lower the bait and just relax till you feel the pull—that's angling for you! Formed by a group of friends, Chennai-based The Anglers Club arranges angling trips across an extensive choice of venues in India, such as Cauvery River and Covelong Beach. The Club focuses on maintaining and enhancing fishing opportunities for its many members. To join, call (0) 9840028533 or send an application to No 6, Saraswathi Street, Mahalingapuram, Chennai, 600034. Monthly membership for adults doesn't come cheap—at ₹ 6,000—but the Club does offer discounts, so be sure to ask. One way to test-drive the experience: non-members can accompany members on a trip for a one-time fee of ₹ 300. Give it a go!



“It’s sad to see so many elders being neglected by their children. I have adopted them and make sure that they get the happiness they deserve”

Dr Uday Modi, 44, Thane, for sponsoring daily tiffin service for abandoned silvers



Haresh Patel

He apologises and follows it up with a wisecrack as he lets a senior citizen break the long queue for consultation at his Ayurvedic clinic in Thane district in Maharashtra. Not a single person protests. After all, Dr Uday Modi’s concern for silvers is legendary across the Mira-Bhayander stretch, where he runs a free tiffin service for silvers since 2008. It all began with a silver couple who were his patients. “While the husband had knee problems and could hardly move, the wife was paralytic,” recalls Modi. “Though they had three sons, none of them was willing to take care of them. I decided to help them by sending them tiffin.” The word spread, and soon he got requests from several other abandoned silvers. In a day, Modi serves 65 silvers tiffin consisting of eight chapattis, two vegetables, rice, *dal* and *papad*. Though a large chunk of funding comes from his pocket, part of it comes from

donations. He gets sentimental when he tells us about a poor old lady who donated her savings, ₹ 18, to him. “I still have all those coins with me; I will never use that money.” Modi has hired four boys to deliver the tiffin; sometimes, students from nearby colleges also pitch in. “It’s interesting to see them bond with the elders; discuss Facebook, smart-phones and the like.” Along with this service, Modi supplies warm shawls every winter and customised medical kits biannually to his silver patients. He also ensures that they celebrate every festival with joy and pride. “I distribute sweets during Diwali and organise a special Navaratri performance for them.” Today, Modi, who credits his wife for her unfailing support, has a waiting list of 58 people wanting to sign on for his tiffin service but the dearth of donations is proving to be a stumbling block.

—Radhika Raje

60 YEARS OF TRUST AND BONDING



GREATER BANK

GOLD LOAN

- Avail a min. amount of ₹ 10,000/- upto ₹ 25 lakhs.
- Attractive interest rate of 13% on daily reducing balance.
- Instant loan disbursal. • No processing fee.



GREATER BANK

The Greater Bombay Co-operative Bank Limited (Scheduled Bank)

Corporate Office: Baldota Bhavan, 3rd Floor, 117, Maharshi Karve Marg, Churchgate, Mumbai - 400 020.

Tel.: 91-22-61285900 | Fax: 91-22-22076989 | info@greaterbank.com | www.greaterbank.com

Visit your nearest Branch or Call: 8692050008 / 8692050009

Did you know...

Vaastu corrections can be done without physical shifting or alternations?

YES, WITH THE POWER OF PYRAMID-YANTRA®

What is Vaastu?

Vaastu is an ancient Indian science of architecture and buildings which helps in making a congenial setting or a place to live and work in a most scientific way taking advantage of nature, its elements and energy fields for enhanced wealth, health, prosperity and happiness.

Benefits of Vaastu

It is beneficial as it is a bridge between man, material and nature and above all it is practical. Build your house according to the guidelines provided by vaastu and lead a healthy and happy life.

Vaastu corrections and modern living

In this jet-age we are living in ready flats, offices and houses. Also with all modern style and facilities. So, to break a wall or shift a room physically according to traditional Vastu is nearly impossible. Still you want the benefits of Vastu, what do you do?

Revolutionary Solution - Pyramid Vaastu!

Here comes a practical and result oriented method - PyraVastu®. Now you can correct your Vastu defects with the help of pre-programmed and FaMa® charged Pyramid-Yantra. This method virtually makes your house or office Vastu-okay with the energy of pyramids. Now you can live in the same place and can lead a healthy and happy life.

Inventions and Research

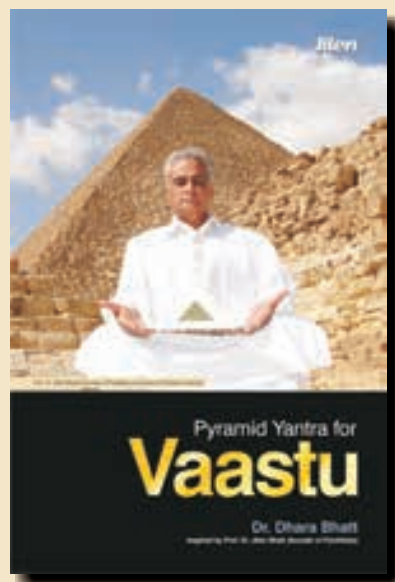
With over 33 years of research and scientific theory of Pyramid Yantra it is used world-wide today.

Results with Pyramid-Yantra

Today over 3.7 million people are living happily in PyraVastu okay houses and office with the power of pyramids! You could be the next...

Plan your actions TODAY

Start with a small experiment of pyramid power or read this book. You could also get in touch with a PyraVastu Consultant in your city. To know more please call our Authorized Center.



Your Pyramid Vaastu Bible

14th Edition (Book price: ₹ 195) Pages: 224
Translated in 9 major languages

Call Toll Free: 1800-233-2658
or Visit: www.PyramidVastu.com

3700000 people benefitted with PyraVastu®

Jiten® | Pyramid